CALGARY metro®

NEWS WORTH SHARING.

Grieving family hails 'justice'

Relatives of Sammy Yatim, fatally shot by a Toronto cop in July, react to officer being charged with murder PAGE 10

YOU CAN DO IT, PUT YOUR BACK INTO IT

KIM KARDASHIAN'S TRAINER SHARES FIVE MOVES TO GET YOUR LATS LOOKING GOOD PAGE 23

THE BEST TOWNHOMES IN THE NORTHEAST.
From $1,423/month
Register at kintalla.com
*See website for complete details.
KINTALLA
at Redstone

Body-camera evidence used in more than 30 cases

Pilot project. Calgary police want to outfit all officers with recording technology

Calgary police are using body-worn cameras to obtain footage of everything from routine traffic stops to full-fledged homicide investigations and have submitted 30 videos as case evidence to date, the service said Monday.

The service launched a camera pilot project last November and now intends to outfit the devices to every officer over the long-term, according to acting Supt. Nina Vaughan.

She said it's believed the footage contributed to 13 criminal cases being resolved early and "provides transparency" for the actions of officers and the general public alike.

"Often, in clips that you can see on social media, incidents can be taken out of context or the entire incident isn't shown," Vaughan said. "This provides a different perspective, a police perspective ... and makes that available as an additional side of the story."

But civil liberties advocates have been quick to question rules surrounding use of the cameras, specifically when they're being turned off and on.

Vaughan said it's not realistic to tape an entire 12-hour shift, but the service is drafting policies that will see the cameras activated during criminal investigations, response to service calls, traffic stops and any other interactions with the general public.

Criminal defence lawyer Balfour Der hasn't been involved in any of the cases where police submitted camera evidence, but said it's the "real McCoy" when it comes to court evidence.

"The officer can testify with what he's apparently seen with his own eye, but it's probably better that we have the camera," Der said.

Howard Burns, president of the Calgary Police Association, said he has "some concerns" that the cameras could lead an officer to second-guess their actions in a potentially dangerous situation. Still, he conceded the members he represents are likely being recorded one way or another these days.

"The reality is that there's cameras everywhere and your behaviour needs to take that into consideration," he said.

To see a demo video of how the police body-work cameras work, head to metronews.ca.

JEREMY NOLAIS/METRO

Acting Sgt. Evel Kiez shows off one the body-worn cameras being utilized by Calgary police.
JEREMY NOLAIS/METRO

APPLEBEE'S SUNRIDGE IS NOW HIRING!
Applebee's®
Join the world's leading full service casual dining restaurant chain!
If you share our vision of Teamwork, Commitment, Passion and having Fun, then you belong at Applebee's!
We are looking for enthusiastic and experienced Team Members to join us at the new Sunridge location:
— ALL POSITIONS —
• Line Cooks • Servers
• Bartenders
• Hosts • Supervisors
JOB FAIRS
Thursday August 22nd - 11am to 9pm
Friday August 23rd - 11am to 9pm
Saturday August 24th - 10am to 7pm
Apply in person with resumé at:
Applebee's Sunridge, located at 2121 36th Street NE in the Sunridge Mall parking lot near the Tim Hortons
applebeescanada.com © 2013 Applebee's International, Inc.

GMC GMC **CMPAUTO.COM** GMC GMC

CMP GM
CHEVROLET Cadillac BUICK GMC

IT'S THAT TIME OF YEAR AGAIN!

YOU PAY WHAT WE PAY!

EMPLOYEE PRICING ON ALL 2013 MODELS!

IT'S YOUR LAST CHANCE TO GET 0% FINANCING!
ENDS SEPTEMBER 3RD

SEE ALL OUR SPECIALS AND SHOP THROUGH OUR ENTIRE INVENTORY ONLINE!

FOR DETAILS ON LOYALTY PROGRAM, VISIT **LOYALTY.CMPAUTO.COM**

CMPAUTO.COM

GET AN ADDITIONAL $1000 OFF WITH LOYALTY PROGRAM!

GET AN ADDITIONAL $1000 OFF WITH LOYALTY PROGRAM!

SHOP OVER 100 CRUZES AT CMPAUTO.COM! CG268071

2013 CHEVROLET
CRUZE LT TURBO
SAVE OVER $3,200!
1.4L 6-SPEED AUTOMATIC, TURBOCHARGED, FWD, A/C, CRUISE CTRL, ONSTAR, REMOTE START, MP3 COMP CD PLAYER
~~MSRP: $22,810~~
OWN IT FOR: $19,588 OR $57/WEEK[1]
0% FINANCING AVAILABLE, BUT HURRY! ONLY FOR A LIMITED TIME*

SHOP OVER 440 SIERRAS AT CMPAUTO.COM! P130854

2013 GMC
SIERRA 1500 EXT CAB
SAVE OVER $13,700!
4.8L V8 4WD AUTOMATIC, CRUISE CTRL, LEATHER WRAPPED STEERING WHEEL, KEYLESS ENTRY, PWR LOCKS & WINDOWS, A/C, ONSTAR, BLUETOOTH
~~MSRP: $39,705~~
OWN IT FOR: $25,988 OR $76/WEEK[1]
0% FINANCING AVAILABLE, BUT HURRY! ONLY FOR A LIMITED TIME*

SHOP OVER 50 EQUINOXS AT CMPAUTO.COM! CG144960

2013 CHEVROLET
EQUINOX LS FWD
SAVE OVER $4,000!
2.4L 6-SPEED AUTOMATIC, FWD, A/C, ONSTAR, BLUETOOTH, STEERING WHEEL AUDIO CTRL, PWR LOCKS & WINDOWS
~~MSRP: $28,635~~
OWN IT FOR: $24,588 OR $72/WEEK[1]
0% FINANCING AVAILABLE, BUT HURRY! ONLY FOR A LIMITED TIME*

YOU COULD **WIN 1 OF 4 $300 GIFT CARDS TO WALMART!***

VISIT **BACKTOSCHOOL.CMPAUTO.COM** FOR MORE INFORMATION

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.
GMC

SUMMER **SERVICE SPECIALS**

COOLANT SPECIAL $159.95
EMISSION SPECIAL $139.95
ALIGNMENT CHECK $49.95

CALL TO BOOK! 403-930-1543

CMP GM
CHEVROLET Cadillac BUICK GMC

CANADA'S BEST MANAGED COMPANIES
AMVIC LICENSED

403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9

REBUILD YOUR CREDIT

BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM

CHEVROLET BUICK GMC Cadillac CMP GM

16 AVE NE
DEERFOOT TR NE
COAST PLAZA HOTEL
CMP
12 AVE NE
MEMORIAL DR
36 ST NE

Kaizen AUTOMOTIVE GROUP
PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

*SALE PRICES FOR NEW TRUCKS INCLUDE TRUCKS BUCKS DISCOUNT. AVAILABLE ONLY TO ELIGIBLE CUSTOMERS. LOYALTY PORGRAM DISCOUNT NOT INCLUDED IN SALE PRICE. AVAILABLE ONTO TO ELIGIBLE CUSTOMERS. SEE LOYALTY.CMPAUTO.COM FOR FULL DETAILS. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT NOTICE. 0% FINANCING AVAILABLE ON SELECT MODELS ONLY WITH HIGHER SALE PRICE. VEHICLES IN STOCK. START FROM ADVERTISED SALE PRICE. PAYMENTS O.A.C. 1. 4.99% FOR 96 MTH. PRICES DOES NOT INCLUDE GST. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. SEE DEALER FOR FULL DETAILS.

Deregulate taxi licences, fares in Calgary, report says

Manning Foundation. Taxi recommendation one of many items identified in 'Role of Municipal Government' report

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary should open its taxi system up to as many operators as the market will bear and allow cabbies to charge whatever fares they choose, according to the author of a new report from the Manning Foundation.

"There's good evidence that would increase the standard of taxi service that people in Calgary get," said David Seymour, who wrote the report, published Monday, that looks broadly at the role of municipal government.

Citing a study from University of Manitoba professor Barry Prentice, Seymour said Calgary's current system — which sees the city regulate both the number of taxi licence plates available and the fares cabbies must charge — has been shown to simply inflate the value of the plates while doing little to improve service.

"Every time there's an increase in fare, other things being equal, the extra money just gets capitalized into the value of the plates," he said. "In Calgary you're in a situation where the plate value is somewhere around $150,000."

But Rupinder Gill of the Calgary Cab Drivers Society said the city would have a lot of lawsuits on its hands if it tried to deregulate the system, as the loss in plate value would result in many angry cabbies who have invested heavily in purchasing a plate, often taking out mortgages on their homes to do so.

He also bristled at the idea of unregulated fares.

"If the rate is open, then the customer is going to get ripped off," he said. "Some people would charge you way too much money."

Call for more cabbies

- There are currently 1,466 taxi licence plates issued by the City of Calgary.
- A recommendation to add "approximately 58 additional taxis" was presented to the city's Taxi Limousine Advisory Committee (TLAC) last week.
- TLAC is set to make its own recommendation at a city council meeting next month regarding the addition of new plates.

Coming up roses

Terri Heinrichs, co-ordinator of the Alberta Flood Rose Project, stands beside one of eight collection pieces which, in total, feature hundreds of artists' impressions of the Alberta wild rose. Calgary and area artists were invited to create their own takes of the provincial symbol on four-inch-by-four-inch squares and donate their work for the larger collection pieces, which go up for auction Aug. 28 at Hotel Arts. All proceeds go to the Canadian Red Cross Flood Relief fund. More info can be found at thealbertafloodroseproject.com.

ROBSON FLETCHER/METRO

JOHN MAYER
PARADISE VALLEY
THE NEW ALBUM FEATURING 11 NEW SONGS, INCLUDING "PAPER DOLL," "WILDFIRE" AND "WHO YOU LOVE"
AVAILABLE NOW $12.99
hmv

Calgary Transit honcho becomes undercover boss

Reality TV turn. Doug Morgan shaved 'trademark' goatee to learn what it's really like for average worker

Cleaning vomit off a bus, working in fume-filled garages and helping calm customer tensions along the LRT line was all in a week's work for one of Calgary Transit's top officials this past spring.

It was revealed Monday that transit director Doug Morgan will star in an episode of Undercover Boss Canada on Oct. 31.

For 10 days of filming in May, Morgan shed his "trademark" goatee and donned a disguise that fooled the handful of employees he toiled away with during graveyard maintenance and security shifts.

"What I learned quickly is that I'm not made for TV," Morgan joked Monday.

Undercover Boss takes top company executives and puts them in the roles of typical employees in which they gain insight on how to make their business better for staff and consumers alike. At the end, the executive typically reveals himself to the employees and then offers them some sort of incentive or vacation.

Both Morgan and Corus Entertainment, which puts on the show, declined to discuss October's episode in great detail, but the production company indicated the Calgary Transit episode could be an emotional one.

"After realizing how far staff are prepared to go in the line of duty, (Morgan) rewards them in ways they could (not) have imagined — and makes a surprising gesture that has one worker in tears," reads an episode synopsis provided by the organization.

Morgan, meanwhile, said he was simply along for the ride and took pleasure in watching "the folks that really make it happen."

"The draw really was to showcase what Calgary Transit does, what happens behind the scenes that people don't see and ... to get exposed to some of the great staff we work with," Morgan said. "It was a real eye-opener for me."

Undercover Boss Canada airs on the W Network.

JEREMY NOLAIS/METRO

Working the night shift

- Calgary Transit director Doug Morgan worked closely with five or six of the organization's roughly 3,000 staff while disguised for Undercover Boss Canada.
- Four of the five shifts recorded for the show took place overnight.

Calgary Transit director Doug Morgan will star on an episode of Undercover Boss Canada. TWITTER

Most students hit by floods opt out of diploma test

Some students had no home left to study in; others likely wanted to simply avoid test anxiety.

Regardless, Alberta Education offered blanket exemptions on diploma exams in communities impacted by historic flooding in late June.

Grade 12 students were given the option of taking their classroom mark and skipping the test, which typically accounts for 50 per cent of their final grade, or writing the exam on make-up dates in late June and again in early August.

Of 13,846 exemptions granted on six exams — Biology 30, Chemistry 30, Math 30-1, Math 30-2, Physics 30 and Science 30 — students only opted to press on with writing the test in 2,781 cases, or roughly 20 per cent.

Alberta Education spokesperson Rohit Sandhu said Tuesday such widespread exemptions have not been offered in "recent history."

"We certainly appreciated and understood that some certain students would still be interested in writing the diplomas.... It was an exceptional circumstance," Sandhu said.

Students who wrote exams prior to June 24 were typically not offered exemptions, except for in cases where flooding had already occurred. JEREMY NOLAIS/METRO

By the numbers

Percentage of students who wrote diploma exams despite being offered exemption:

- **Math 30-1:** 25 per cent
- **Chemistry 30:** 23 per cent
- **Physics 30:** 19.6 per cent
- **Math 30-2:** 12.6 per cent
- **Science 30:** 10.4 per cent
- **Biology 30:** 3.2 per cent

Costs. No fees on horizon for water rescues

After rescuing three more people from the Bow River Sunday night, the Calgary Fire Department again reminded Calgarians to exercise caution on city waterways but stopped short of calling for people to pay for their own rescue.

"That has not come up in any recent discussions, to my knowledge," said CFD spokesperson Carol Henke, when asked about previous comments from acting fire chief Ken Uzeloc.

During the late-June flood, when river-use bans were in place, Uzeloc mused about the potential for charging a fee to people who clearly disregard water-safety rules.

"I can tell you that we're starting to look at if you're violating rules or laws or regulations, maybe you should be paying some of our costs," he said at the time.

Two of the three people rescued Sunday weren't wearing life jackets, according to the fire department.

Calgary's current practice of providing rescue services at no cost is in line with other Canadian jurisdictions, including cities, national and provincial parks and the oceans.

In Winnipeg, for example, both firefighters and police are involved in saving people from the Red and Assiniboine rivers, but the city "does not charge fees for water rescues as it's considered a city service," according to spokesperson Alissa Clark. National parks typically provide rescue services for free as well, as does the coast guard.

ROBSON FLETCHER/METRO

UNLIMITED DATA, TALK & GLOBAL TEXT.

Unlimited plans keep you inseparable. $33 per month for a limited time

WIND® true mobile freedom™

Offer valid from August 8 – September 30, 2013 or prior notice of termination on windmobile.ca. All unlimited plan features are available from anywhere on our network, otherwise roaming rates apply. Cannot be combined with the Bring/Buy Your Own Phone offer. For eligible customers and devices, this plan may be activated in conjunction with WINDtab. Additional terms and conditions apply for WINDtab. This plan is available only as long as you keep the plan without interruption. Available to individual new customers and, under certain conditions, to existing customers. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Conditions apply. Applicable taxes extra. Learn more at windmobile.ca. Samsung and Samsung Galaxy S4 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE, WINDtab and true mobile freedom are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2013 WIND Mobile.

Calgary Transit planning website makeover

Calgary Transit wants to make route-planning easier via smartphones after a total redesign of its website. METRO FILE

Getting with the times. City seeking proposals from web designers for major revamp

Calgary Transit is looking to give its website a complete overhaul, making information more accessible on mobile devices and updating the overall look of its online presence.

The redesign "will require a complete visual restyling, functional enhancements and the addition of new web technologies and capabilities," according to a request for proposals the city recently posted.

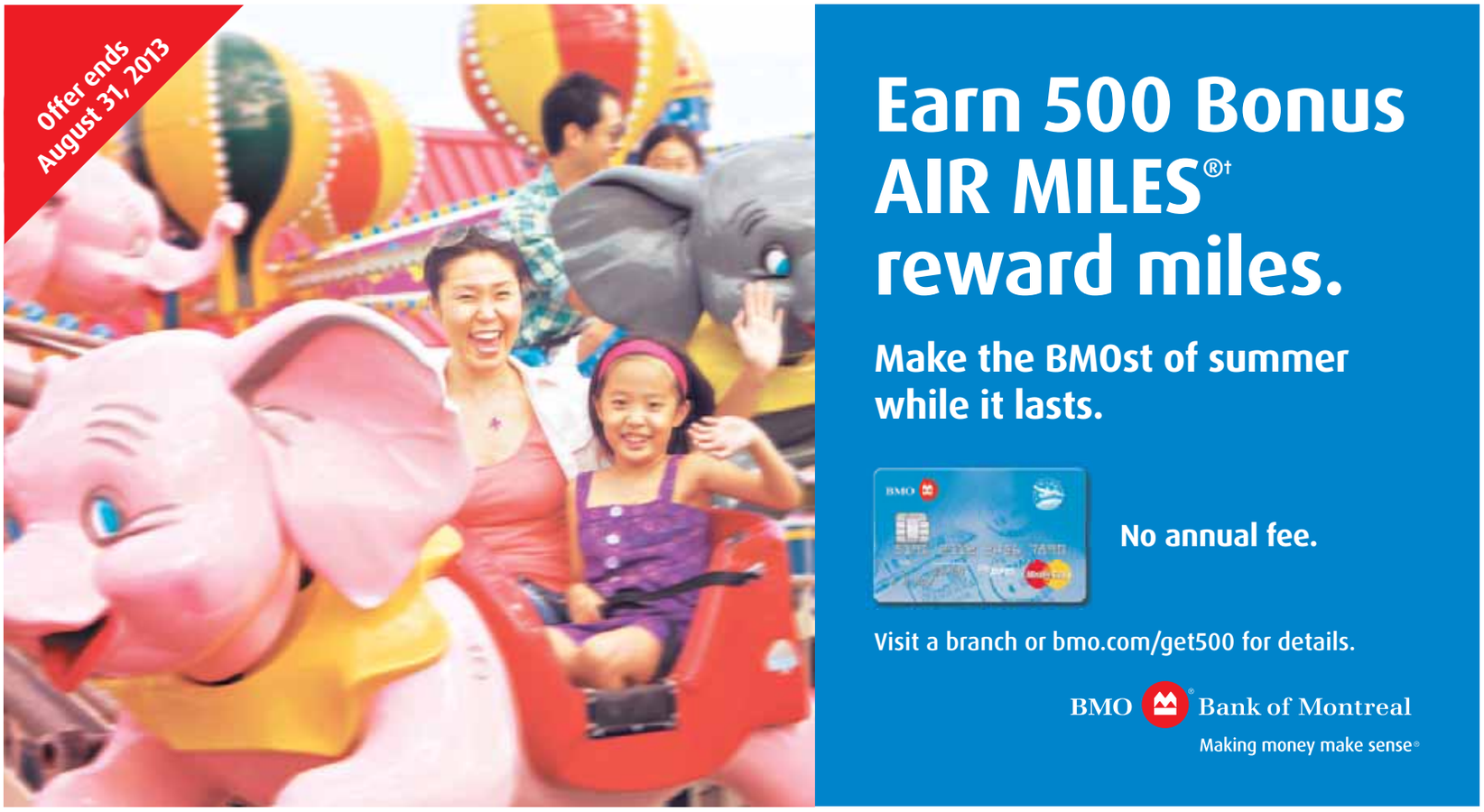
Transit spokesperson Stephen Tauro said Monday the goal is to create "a simple site where information is up-to-date, reliable and a little bit more 2013."

"We're trying to get our website as user-friendly as possible — make it simple for customers, and make information also mobile-friendly," Tauro said.

Mirkko Portocarrero, who regularly travels on Calgary Transit, said he's pretty satisfied with the current website but there's room for improvement and more information.

"It's good that it has times and all that available, but the only thing is, when it comes to updates for new lines, I don't really know anything about that," he said Monday while boarding a downtown C-Train. "I'd like to know about up-and-coming transit."

Tauro said the city won't have an estimated launch date until it has gone through proposals. ROBSON FLETCHER/METRO



Terms and conditions apply. ®Registered trademark of Bank of Montreal. ®*Registered trademark of MasterCard International Incorporated. ®†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.

Trustee wants students on high school councils

Enforcing a rule that requires a student representative sit on Calgary high school councils is the first step towards improving communication between administrators and learners, according to trustee Pamela King.

King, who represents wards 5 and 10, said she plans to bring forward a motion when the Calgary Board of Education trustees return next month that would ask administration to monitor student participation on all school councils.

Collaboration

King has been working with Student Voice Alberta, a group of recent grads pushing to add a Grade 12 rep to the trustee board.

She also wants to see the student body represented at trustee meetings, much like the Alberta Teachers' Association and other groups with a vested interest in education.

"We need to actually build a better foundation for student voice at the school level and then build that up to the board level," King said.

In Edmonton, public school trustee chair Sarah Hoffman is bringing a motion forward next month that would add a student trustee position as early as 2014. The position already exists in some provinces, though voting powers vary.

JEREMY NOLAIS/METRO

'Tis the season

Hunting for school-bus drivers

With the start of school just a couple weeks away, an annual call for more bus drivers has begun. Southland Transportation said in a release Monday that while their recruitment drive is in "full swing," they're still short 80 drivers.

"We need great people to become school bus drivers," says general manager Chris Castellarin. Southland is running training classes daily. For information call 403-253-9322. METRO

Seebe Dam. Man dies after falling into Bow River

Canmore RCMP are continuing their investigation into the death of a Calgary man who was swept away by the Bow River outside the city.

Police say they received a call Sunday around 3 p.m. asking for assistance at the Seebe Dam.

They said a 63-year-old man was swimming with friends near the dam when he exited the water, fell back into the current and was taken downstream.

Friends located the man downstream and attempted to revive him. A helicopter was brought in to lift the group from the scene and take them to paramedics.

Paramedics were unable to revive the victim and he died on scene.

Foul play is not suspected at this time. The victim's name is being withheld.

Kananaskis Emergency Services and Stony Nakoda EMS conducted the rescue and recovery efforts.

METRO

Friends and family donated items to create a new memorial along Highway 22 in honour of crash victim Brandon Thomas. COURTESY KIM THOMAS

Family, friends work to replace memorial for accident victim

Mystery. Cochrane RCMP admit they have few clues in theft of cherished keepsakes

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Everything from model cars to Tim Hortons coffee cups have been donated by friends and family of a Cochrane drunk-driving victim to replace a roadside memorial targeted by thieves last month.

Kim Thomas, mother of 17-year-old Brandon Thomas, says the original shrine to her son was taken at some point late on July 26 or early on July 27 from the place where he died along Highway 22.

Last December, Thomas was driving along the route in his prized automobile when a pickup truck being driven in the wrong lane by an alleged impaired driver slammed into him head-on. Thomas died at the scene.

The original memorial included his wallet, Xbox controller, car memorabilia and cherished photos.

Now, dozens of items have been contributed over the past few weeks to create a replacement memorial, says Brandon's sister Kayla Thomas. The new memorial may actually feature more items than the original, she said.

"It's a huge relief that people were so eager to replace it," she said, adding Brandon's grandpa helped build a new cross.

Still, Kayla said she struggles to understand why someone would disrespect Brandon's memory.

"Please just drop the stuff off back at the memorial," she said to the thief or thieves on Monday. "Those were really special items to us and we really want to get them back."

The Thomas family has filed a complaint with Cochrane RCMP, but a representative said it would likely take new evidence or a witness to advance the investigation.

"We have nothing to go on," Sgt. Audrey Robinson said. "It was there one day and gone the next."

Kim Thomas, meanwhile, said she still makes a point of visiting the new memorial as often as she can, including again on Monday morning.

"I am here missing Brandon and his life and his presence to the world," she wrote in a message to Metro.

Follow Jeremy Nolais on Twitter @Metro_Nolais

No official involvement

- The Thomas family has been in touch with Alberta Transportation and Rocky View County and determined neither organization was responsible for removing the original memorial.

Hurry in for a $50 bonus gift[1] on select smartphones.

Plus, more deals on other great phones!

Clear your Tab within 24 months, guaranteed!

Samsung Galaxy Ace II™ x
$0 With Tab Small[2]

Samsung Galaxy S III™
$0 With Tab Large[2]

Koodo™

Offer ends September 12, 2013.

BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart

Koodo shop

Calgary
Chinook Centre
CrossIron Mills
Market Mall
Marlborough Mall
Southcentre Mall
Sunridge Mall
Westbrook Mall

Red Deer
Bower Place

Southern Alberta
Medicine Hat Mall
Park Place Shopping Centre

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

Get $50 for important school supplies. Like 150 packs of instant noodles.

Get closer to $50. Apply for a TD Credit Card.

For all the details[1] visit a branch,
text **SCHOOL** to **25370** or visit tdcanadatrust.com/school

[1] You must be 18 or 19, depending on where you live in Canada, to be eligible and you must provide proof of full-time school enrolment. Application limited to either a TD Green *Visa* Card or a TD *Classic* Travel *Visa* Card. TD Credit Card Application is one of three conditions that must be met to be eligible for the TD Canada Trust Student Bundle $50 Offer. Offer can be changed, extended or withdrawn at any time without notice. Offer is not available to existing TD customers who hold both a TD Canada Trust Chequing Account and a TD Credit Card. For complete details, visit a branch or go to tdcanadatrust.com/school. ®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly owned subsidiary, in Canada and/or other countries.

Health minister. Ambrose puts focus on domestic violence during speech

New federal Health Minister Rona Ambrose focused much of her first speech to doctors Wednesday on the need to tackle domestic violence.

She told delegates to the Canadian Medical Association convention that the social issue costs society at least $7.4 billion a year, of which roughly $6 billion goes to medical treatment and psychological services.

"You are often the first to interact with patients who are dealing with family violence, and research shows you are the ones that victims are mostly likely to disclose abuse to," she said. THE CANADIAN PRESS

Priorities

Ambrose also expressed a need to renew attention on research and innovation. She listed several priorities: health of aboriginal people, new approaches to public health issues and working with provinces and organizations to improve the system.

Bicycle thief

Cyclist sought after robbery attempt

Calgary police are looking for information on an attempted robbery in the city's southwest last Friday. Police say a woman was walking on 9 Avenue SW around 11 p.m. when a man rode up beside her on a bicycle and tried to grab her handbag. The suspect allegedly slashed her hand with a knife when she resisted.

Police are looking for a black male between 16 and 18 years old, 5'8", skinny build and shaved head, wearing a hat and baggy grey clothing. METRO

Premier: Over $5B needed to rebuild after flooding

Alberta premier Alison Redford, seen here at the Alberta Flood Aid benefit concert earlier this month, says the Alberta flood tab will likely top $5 billion. METRO FILE

Moving forward. Alison Redford repeats that tough times are ahead, says PM Harper knows feds responsible for part of the bill

Alberta Premier Alison Redford says provincial estimates show "well over" $5 billion will be needed to rebuild infrastructure after severe flooding in June.

Talking on Calgary radio station CHQR, Redford said she has spoken with the Prime Minister Stephen Harper about rebuilding costs.

Redford said Harper understands that the federal government will be responsible for covering part of the bill. She and Harper sat together last week at a flood-aid concert in Calgary.

"Our estimates right now is that (we) are looking at well over $5 billion in terms of infrastructure rebuild," she told CHQR Monday. "Part of that is going to be financed through the federal government and the prime minister has made a commitment to that, which we are grateful for, and part of it will come from provincial revenue."

She repeated her warning that tough times are ahead as the province tries to fit such a large cost into its budget.

And while flooding only affected communities in the southern part of the province, Redford said she believes Alberta taxpayers understand that the costs must be borne by everyone. THE CANADIAN PRESS

Provincial aid

$1B

The province pledged an initial $1 billion in aid shortly after the Southern Alberta flooding

MEMBERS GET
THE SAMSUNG GALAXY SIII™ WITH SWEET BENEFITS.
Hook it up with our hot $45/mo. Gold plan with Canada-Wide Calling, Data and more!
+ GET EXCLUSIVE MEMBER ACCESS & DEALS FROM OUR AWESOME PARTNERS
ALDO CINEPLEX H&M
virginmobile.ca/galaxy
Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.
Virgin mobile MOBILE THE SOURCE FUTURE SHOP Walmart BEST BUY BEST BUY mobile Visions WIRELESSWAVE booth wireless WIRELESS etc... COSTCO WHOLESALE THE MOBILE SHOP

Prime Minister Stephen Harper and wife, Laureen, take part in a picnic lunch overlooking Miles Canyon on the Yukon River in Whitehorse on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Far North strategy snarled by red tape, Defence study says

Harper photo op.
A National Defence study reveals efforts to pump up Northern Canada lack direction just as the PM boasts progress during tour

The Conservative government's overall effort to tame the Far North has often lacked political will and direction, warns a blunt new National Defence study that explores how the Canadian military fits in to the strategy.

The 72-page assessment, obtained by The Canadian Press under the Access to Information Act, paints a picture of good intentions that have ground to a halt amid bureaucratic red tape and turf wars in Ottawa.

It is a splash of cold water that comes just as Prime Minister Stephen Harper stumps around the Arctic this week, touting his government's achievements and meeting with community leaders, as well as aboriginal reserve soldiers.

The review, written by the Defence Science Advisory Board at National Defence, looks at everything from military and public safety issues to the economy of the North and the implications of dealing with local culture.

Intergovernmental committees have been formed, but the plan lacks a "champion" at the political level to provide direction and build consensus among departments, said the review, dated April 2012.

There are many thorny "resource and jurisdictional issues" to be managed, it noted.

"Aboriginal Affairs and Northern Development has responsibility for the Northern Strategy, but this is not being developed and overseen at a sufficiently high level," wrote the defence scientists.

The Conservatives insist they have made "tremendous strides" forward and that economic development in the region is progressing like never before. THE CANADIAN PRESS

Quoted

"And as Conservatives, we have pledged that northern development will mean northern prosperity."

Stephen Harper said while speaking to supporters at the start of his Arctic tour.

Samsung GALAXY S III™
$99.99
$45/mo. Gold Plan includes:
• 200 Canada-Wide Minutes
• UNLIMITED Weekends & Evenings from 5pm
• UNLIMITED Text & Picture Messaging to Canada & US
• UNLIMITED International Text Messaging
• Voicemail & Call Display
• 200 MB of Data
Virgin mobile
IT'S BETTER TO BE A MEMBER

Limited time offer. Phones and some colours may not be available at all retailers. Samsung Galaxy S III pricing is available with a Gold plan with a 2 year agreement. Prices are subject to change without notice. Monthly 911 fees apply in NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). If you end your services early, a fee will apply; see your Service Agreement for details. Unlimited text messaging is valid only when message is sent from Canada and excludes premium texts. Additional data is $10/200 MB. Offers and Member Benefits subject to change/cancellation at any time without notice. Taxes extra. Other restrictions apply; see virginmobile.ca for details. Screen image simulated. Certain other product names, brand names and company names may be trademarks of their respective owners. © 2013 Samsung Electronics Canada, Inc. All rights reserved. Samsung and Samsung Galaxy S III are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.

‘Justice’ served but fight not over: Yatim family

T.O. streetcar killing. Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim’s family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated “justice” having been served, and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario’s Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy’s sister Sarah tweeted: “Good morning JUSTICE.”

Later, Yatim’s family released a statement saying they were relieved by the charges and calling for further investigation into “the supervising police officer(s) and the other officers in attendance for their lack of intervention.”

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he’d already been shot and fallen to the floor.

That’s enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people who have been killed by police.

The SIU’s mandate “is only to charge officers if they’re involved with serious injury or death, and they figured, probably, that the Tasering wasn’t what harmed Mr. Yatim,” Rosenthal said.

The SIU’s not investigating the sergeant doesn’t preclude police from laying an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn’t appear to use any de-escalation techniques.

“In my view, it’s up to the police chief to discipline the police officers who don’t follow the de-escalation training they’re given, whether or not they’re guilty of criminal charges,” he said.

Pressing further

“We want to work now to ensure that Sammy’s blood wasn’t wasted and to prevent any other families from enduring such a tragedy.”

A statement from the family of Sammy Yatim

James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

Not enough Tasers?

Yatim’s death has prompted questions from the public about the use of Tasers.

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- Toronto police Chief Bill Blair says allowing officers to be armed with Tasers may be one of the recommendations contained in the review of Yatim’s death he has requested from retired associate chief justice Dennis O’Connor.

Follow along on Twitter

Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo’s first court appearance.

Woman cried out before Oscar Pistorius shot her, court hears

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated-murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate’s Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot “with the intention to kill a person,” and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison.

THE ASSOCIATED PRESS

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate’s court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

Remembering the victim

The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.

Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to “go live in a trailer in the woods” and even suggests her 13-year-old grandson be euthanized.

Millson’s grandson lives with his parents in nearby Oshawa, but the boy has been visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

India

Teen beaten to death over kite

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi on Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass to slice through others’ lines. THE ASSOCIATED PRESS

Egypt. Officials may free jailed former president as violence continues

Jailed ex-Egyptian president Hosni Mubarak could be released later this week, judicial officials said Monday, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into insurgency.

The 25 were given a funeral with full military honours after a plane brought their bodies to an air base in eastern Cairo. Interior Minister Mohammed Ibrahim, who is in charge of the police, and the army's chief of staff, Gen. Sedki Sobhi, led the funeral.

The coffins of the victims were draped in Egyptian flags and, in a show of solidarity, were carried in the funeral procession by army soldiers and policemen. THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak THE ASSOCIATED PRESS

Muslim Brotherhood

Egyptian security officials and state television say the supreme leader of the Muslim Brotherhood has been detained. Officials say Mohammed Badie was captured early Tuesday (local time) in an apartment in the eastern Cairo district of Nasr City.

'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Railway tragedy in India. Train runs over pilgrims, killing 37; driver beaten

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured. THE ASSOCIATED PRESS

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

EARN up to $50,000 in 90 DAYS with REAL ESTATE FOR QUICK CASH!

5 Times - New York Times Best Selling Author

Canada's most successful Real Estate Investor and best selling Author Robert G. Allen is on a nationwide tour to find…Who wants to be his next Millionaire Success Story!

BUY REAL ESTATE FOR PENNIES ON THE DOLLAR…

- ✓ MAKE QUICK CASH WITH REAL ESTATE without USING YOUR OWN MONEY!
- ✓ Buy U.S. and Canadian Real Estate for 50%-70% of current value!
- ✓ Have access to incredible deals through your computer!
- ✓ GET READY TO MAKE MONEY WHILE YOU SLEEP!

IF YOU'RE READY, read on and learn how Robert Allen's Live Real Estate Event can make you an extra $5,000 to $15,000 a month in your spare time!

Learn how to get exclusive access to properties like these.. these are actual properties bought for profit by our Real Estate Investors:

INVESTOR PAID **$517.82**

INVESTOR PAID **$2866.00**

INVESTOR PAID **$3682.49**

INVESTOR PAID **$4614.13**

INVESTOR PAID **$1723.61**

INVESTOR PAID **$10,009.69**

INVESTOR PAID **$233.25**

INVESTOR PAID **$1373.00**

NOW YOU CAN LEARN ROBERT'S SECRETS ON HOW TO PAY LITERALLY PENNIES ON THE DOLLAR, AND GET RICH LIKE OUR INVESTORS!

ATTEND ROBERT ALLEN'S REAL ESTATE LIVE EVENT .. AND BECOME HIS NEXT SUCCESS STORY!

LET'S REVIEW THE FACTS:

FACT: Robert Allen has sold more REAL ESTATE financial books than any other Canadian.

FACT: Robert Allen has been a successful REAL ESTATE GURU entrepreneur for over 30 years.

FACT: Robert Allen has trained hundreds of thousands of people all over the world his REAL ESTATE Strategies and philosophies.

FACT: NOW, you have the opportunity to work with Robert and his team of experts currently touring Canada in search of the next Canadian REAL ESTATE Millionaire success story.

ATTEND and LEARN Robert Allen's revolutionary 3 Step Real Estate System for making HUGE MONEY and MONTHLY CASH FLOW investing in U.S. Real Estate…

Here is what you'll learn at this FREE 2 HOUR REAL ESTATE LIVE EVENT

- **How to consistently create $1,200.00 – $7,800.00 cash flow monthly with real estate!**
- **How to make $5,000 checks monthly with no inventory!**
- **How to make money Robert Allen STYLE with NO RISK!**
- **How to make money with different kinds of real estate in Canada and the U.S.!**
- **How to make hundreds even thousands of dollars while you sleep, with no money!**
- **How to make cash immediately after attending the live event with a variety of different real estate experts available to guide you!**

Register now to get your 2 FREE TICKETS and Robert's Real Estate Library for FREE!

HURRY, LIVE EVENTS FILL UP QUICKLY

Be one of the first 50 callers TODAY to win a FREE TABLET COMPUTER! $400 VALUE… FREE, *but you must call now to register…*

Call Now 1-800-306-0286

CALGARY	CALGARY	CALGARY
Wednesday, August 21	**Thursday, August 22**	**Friday, August 23**
2 pm or 7 pm	2 pm or 7 pm	2 pm
DELTA CALGARY AIRPORT	**THE FAIRMONT PALLISER**	**FOUR POINTS BY SHERATON AIRPORT**
2001 Airport Road N.E.	133 - 9th Avenue S.W.	2875 Sunridge Way N.E.

* Complete Terms and Conditions can be found at http://www.quickincome.ca/disclaimer Individual Results May Vary, Robert Allen may not be there in person. © 2013 Multiple Streams of Income for Canadians. All Rights Reserved.

Kids' textbooks found riddled with errors

Mexico. Teachers given a list of at least 117 mistakes to manually correct after 'unforgivable' foul-up

As Mexican children trooped back to school on Monday, they had already learned one lesson: You can't believe everything you read in your textbook.

Their new government-provided textbooks are riddled with errors: Misspellings, bad grammar and punctuation —and at least one city located in the wrong state.

The foul-up is an embarrassment for a government that is trying to overhaul its much-criticized school system. Officials promised to give teachers a list of the errors so they can try to manually correct at least 117 mistakes. The Education Department acknowledged it found them only after 235 million elementary textbooks were being printed.

"It's not fair. Children are impressionable. The moment they see the error, it stays with them," complained Edith Salinas, a graphic designer who had just dropped her sixth-grade girl off at school.

Education Secretary Emilio Chuayffet has called the errors "unforgivable," but he blames Mexico's previous administration for the stumble.

He says he was faced with the predicament of choosing between stopping the printing of flawed textbooks so they could be corrected and making sure the country's 26 million school children had textbooks for each subject at the start of classes.

THE ASSOCIATED PRESS

Mexican children returned to classrooms Monday, and they were getting a quick lesson: Schoolkids aren't the only ones who make mistakes. IVAN PIERRE AGUIRRE/THE ASSOCIATED PRESS

NSA leak. Journalist says U.K. will 'regret' detaining partner for hours at airport

An American journalist who has written stories based on documents leaked by former National Security Agency contractor Edward Snowden said Monday he'll publish with more fervour after British authorities detained his partner.

London police detained David Miranda, who is in a civil union with reporter Glenn Greenwald, under anti-terror legislation at Heathrow Airport in London Sunday. Miranda arrived Monday in Rio de Janeiro, where he lives with Greenwald.

A defiant Greenwald promised he was going "to write much more aggressively than before" about government snooping.

"I'm going to publish many more things about England, as well," he said in Portuguese at Rio's international airport when Miranda arrived. "I have many documents about England's espionage system, and now my focus will be there, too. I think they'll regret what they've done."

THE ASSOCIATED PRESS

Journalist Glenn Greenwald, right, is seen with his partner David Miranda, who was detained for nearly nine hours Sunday under anti-terror legislation at Heathrow Airport in London. JANINE GIBSON/THE GUARDIAN/THE ASSOCIATED PRESS

Germany. Police storm city hall to free hostages and end standoff

Police ended a hostage standoff at a city hall in southern Germany on Monday by storming the building, shooting and wounding the captor, and freeing his two captives unharmed.

The crisis in the city of Ingolstadt prompted Chancellor Angela Merkel to cancel an election rally she had planned there.

Officials said the 24-year-old kidnapper had previously been banned from entering city hall because he was stalking one of its female employees. The 25-year-old woman was one of the people he was holding hostage.

The kidnapper, whose identity was not released, "was shot in his shoulder and legs" and rushed to a hospital, police spokesman Guenther Beck said.

Two other people the captor had taken hostage were freed from the building earlier in the day, police said.

The kidnapper "was carrying a plastic gun which looked like a real weapon and a big knife" — which is why police officers were forced to use their weapons, Ingolstadt police said in a statement Monday night.

Psychologists were counselling the four released hostages.

The captor was a known stalker and had been banned from entering the Ingolstadt city hall building because he had harassed the female employee there, said Bavaria's interior minister, Joachim Herrmann. The German news agency dpa said the stalking victim had been harassed for more than a year.

THE ASSOCIATED PRESS

A German special police force officer leaves the area of the city hall in Ingolstadt, Germany, Sunday. KERSTIN JOENSSON/THE ASSOCIATED PRESS

Spend more time here . . .

Controversial star

All four Canadian Chris Brown shows cancelled

The promoter of four Chris Brown concerts in Canada scheduled for this summer says the events have been cancelled, citing the R&B star's personal and health problems.

"After ongoing conversation and consultation with this year's headline act Chris Brown, and in light of the performer's recent personal and health-related issues, a decision has been made to cancel all four scheduled performances," said Stephen Tobin, owner of Drop Entertainment Group, in a statement.

Brown was to perform in Halifax, Saint John, Toronto and Winnipeg. THE CANADIAN PRESS

Ottawa

PM to prorogue Parliament until October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won't resume in September as originally scheduled.

Harper, who is currently on a week-long swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last election have been fulfilled, and so the time has come for a new agenda, Harper told a news conference Monday in Whitehorse. THE CANADIAN PRESS

Watch your savings take off.

Now, for a limited time, you can earn 1.5%* on new deposits with a CIBC eAdvantage™ Savings Account when your account balance is $5,000 or more. Plus, you'll always enjoy full access to your savings. So sign up today and take advantage of this great offer.

Talk to us today. At the branch | cibc.com/savings | 1 877 434-1909

CIBC FOR WHAT MATTERS.

*This is a combined bonus and regular annual interest rate paid on new deposits made to your CIBC eAdvantage™ Savings Account ("eSA") when the eSA account balance is $5,000 or more. The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. The regular interest rate is calculated on the full daily closing balance when the balance is $5,000 or more. In addition, on days when the closing balance exceeds the closing balance recorded on July 2, 2013 (the difference between the two balances is a "new deposit"), the new deposit earns a bonus interest rate for that day. If your eSA balance is less than $5,000 you will not earn regular interest; you will earn bonus interest. This bonus interest rate offer is for a limited time. Interest is calculated daily on each day's final balance and paid monthly. Other conditions apply. CIBC eAdvantage™ and "CIBC For what matters." are trademarks of CIBC.

'Fat letters': Helping fight obesity — or shaming kids?

Letters sent home with overweight children are called "fat letters" by some critics, who say they shame kids about their weight and increase bullying. RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

BMI testing. Some say it's an important tool to combat an epidemic, others say it's 'a terrible idea'

They've been called "fat letters" and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combating the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

"Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives," the author, Dr. Michael R. Flaherty, told Torstar News Service.

"It is a bitter pill. It's difficult for us as pediatricians to tell a parent their child is overweight or obese. But these letters were intended to be a confidential tool, another reminder to find professional help."

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to "fat shaming" and encourage bullying, while not providing any proven solutions to parents.

"It's a terrible idea," said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

By the numbers

30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

"There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out," he said. "Given we don't really have a solution at this point.... I worry tremendously about impact that well-intentioned schools and parents might have on a child's self-esteem, body image and relationship to food." TORSTAR NEWS SERVICE

Canadian accused in fraud scheme nabbed in Thailand

Alleged penny stock fraud. Investigators say Sandy Winick was mastermind behind cons that netted more than $140 million

A Canadian man accused of masterminding an international penny stock fraud scheme that swindled investors worldwide of more than $140 million has been arrested in Thailand.

The U.S. Federal Bureau of Investigations says Sandy Winick, 55, was arrested over the weekend, just days after authorities rounded up seven of his alleged accomplices.

Canadians Gregory Ellis, 46, and Kolt Curry, 38, were taken into custody Aug. 13, along with five Americans accused of helping to carry out what authorities have called one of the largest penny stock frauds in history.

Curry's father, 63-year-old Gregory Curry, is still at large and the FBI said he's believed to be living in or near Bangkok.

It's alleged the defendants were involved in a massive "pump and dump" scheme — buying controlling interests in sketchy startup companies, then artificially inflating their value by promoting them in fictitious emails, social-media messages and news releases.

Far-reaching impact

The FBI alleges victims of the schemes live in nearly 35 countries including Canada, the United States, Australia, and elsewhere in Asia, Europe and South America.

Court papers say the defendants then victimized the same investors by convincing them to pay advance fees in return for helping them sell their securities or join lawsuits to reclaim their losses.

The sales campaign generated more than $120 million in investments, while the fees scheme brought in some $20 million, authorities said.

Investigators believe Winick orchestrated the cons — the latest in a string of troubled business dealings that have landed him in hot water with regulators in Canada and the U.S. over the years. THE CANADIAN PRESS

A scrubdown steeped in tradition

A Sri Lankan mahout washes his elephants prior to the beginning of an annual Buddhist procession of the temple of tooth in Kandy, Sri Lanka, on Monday. Hundreds of thousands of Buddhists throng the hill-capital every year to venerate the Buddha's tooth relic, which is taken on a parade on decorated elephants with traditional dancers and drummers performing. The event is considered Sri Lanka's most prominent religious and cultural ceremony and dates back centuries. ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Row over referendum

Ecuador president raises spectre of digital-only newspapers

Ecuador's combative president is threatening to try to force the country's newspapers to go all-digital as a way to save paper.

Rafael Correa has long had a prickly relationship with Ecuador's opposition-owned newspapers, and his Twitter statement Monday is a jab at papers backing a proposed referendum to block oil exploration in the pristine Yasuni national park.

Correa announced last week that he's asking a loyal Congress to back drilling in Yasuni.

Correa tweeted that if the necessary signatures are gathered and there is a referendum, he'll propose that newspapers be published in digital format alone "to save paper and avoid so much indiscriminate cutting of trees."

THE ASSOCIATED PRESS

Feds probe B.C. salmon-fishery video

The federal Department of Fisheries and Oceans says it has launched a formal investigation after a video showing allegedly harmful salmon release practices was posted online last week.

North Coast area director Mel Kotyk says the department found the video's images disturbing, and investigators will be speaking with companies and vessels to determine if fines or court action is necessary.

Under federal regulations, fishermen are required to quickly sort through their catch and release any fish they weren't targeting with the least possible harm.

However, the video filmed by environmental groups in a pink salmon fishery just south of Kitimat appears to show other species of salmon laying unsorted on boat decks for upwards of six minutes before being tossed or kicked off the side.

Aaron Hill of the group Watershed Watch says fishing boats targeting pink salmon in B.C.'s northern fisheries may be killing up to 165,000 salmon of other species through improper release practices.

Hill says he thinks the investigation may result in a few fishermen being charged as opposed to changing fishery practices, but Kotyk says issues will be addressed on an individual and industry-wide basis.

THE CANADIAN PRESS

. . . and less time there.

YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

Jessica Napier
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a problematic tendency to feel a lot like high school. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that refer to particular people without mentioning specific names or handles. The nuanced construction of the sub-tweet allows social-media users to call out others in an anonymous yet very public fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hands up! You are under the influence

COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue broke character at last weekend's Hempfest in Seattle, handing out crispy snacks at the iconic marijuana celebration — albeit with a request to not drive high — in honour of Washington's recent legalization vote. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.

My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIisTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News in London

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

"It's very different here. We are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

The memory remains and the launch has been fiercely opposed. Congressman Tim Murphy has led calls for an investigation, while civil society group Accuracy in Media attacked "an unacceptable danger to American citizens by adding to the potential for homegrown jihadists inspired by Al Jazeera's inflammatory programming." An AJA source in New York revealed protests are planned and security is tight.

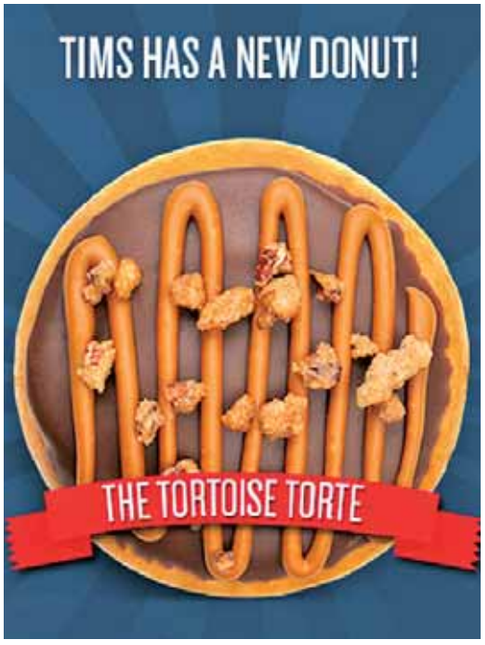
Philip Seib, director of the USC Center on Public Diplomacy, said that AJA's success will also reflect on its owners. "They have made a huge investment, and they want to be influential and respected as the dominant voice of the Middle East. Al Jazeera put them on the map, and now they have taken another big step."

Quoted

ALJAZEERA AMERICA

"People here don't know where Qatar is but this will demystify the 'other.' It's an Arabic logo but Americans on screen, so there's a bridge that will be constructive."

Philip Seib, director of the USC Center on Public Diplomacy, who thinks the majority of Al Jazeera America's viewers will be won over.



Tortoise wins the race

A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor $10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation the Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal." SCREENGRAB/TIMHORTONS.COM

Facebook. Programmer hacks Zuckerberg's page to prove point about bug

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point.

"Sorry for breaking your privacy," he wrote to the Facebook founder, "I has no other choice to make after all the reports I sent to Facebook team ... as you can see iam not in your friend list and yet i can post to your timeline."

The stunt cost the 30-year-old Palestinian the bounty, but earned him praise — and numerous job offers from all over the world — for being able to get to the boss of the world's most ubiquitous online social network.

Shreateh, who has been unable to find a job since graduating two years ago with a degree in information technology, told Facebook he found a way that allowed anyone to post on anyone else's wall. He said he was initially disappointed by the Facebook response but that after being inundated by job offers he is pleased with how things worked out. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.69¢ (-0.03¢)

Natural gas: $3.45 (+8¢)
Dow Jones: 15,010.74 (-70.73)

TSX 12,588.02 (-148.90)

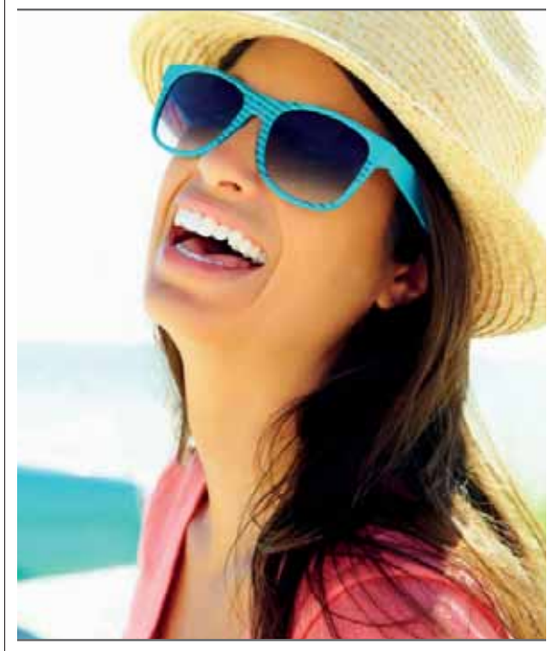
OIL $107.10 US (-36¢)

GOLD $1,365.70 US (-$5.30)

medisys

Prevent unfortunate health issues before you travel.

Book an appointment today—call 403-232-6244.



Medisys Travel Health clinic
321 6th Ave. SW, Suite 960

Get $20 off your next travel health consultation.

Book your appointment before September 30, 2013 and you will receive a $20 discount* upon presentation of this coupon.

*Applicable on any purchase of $60 or more. Certain conditions apply. Details in clinic. Valid at the Medisys Calgary clinic only.

DVD reviews

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, the wife of William Maxwell, a close friend and Salinger's editor at The New Yorker. CONTRIBUTED/THE STORY FACTORY/THE ASSOCIATED PRESS

Salinger project kept hush hush

Like author, like film. Details are still scant on upcoming documentary and book about private writer

For much of the nine years that Shane Salerno worked on his J.D. Salinger documentary and book, the project was a mystery worthy of the author himself.

Code names. Hidden identities. Surveillance cameras. Until 2010, when The Catcher in the Rye novelist died at age 91, only a handful of people were fully aware of what he was up to. Even now, with the release date of the film Salinger less than three weeks away, little is known about a production that draws upon more than 100 interviews and a trove of documents and rare photographs, and that promises many revelations about an author who still fascinates millions.

"I have worked (on) more than 200 documentaries in my career and Salinger was the most secretive and the most intense film I have ever worked on," said Buddy Squires, the film's cinematographer and co-producer who has worked on such Ken Burns documentaries as Jazz and The Central Park Five.

"This film was not run like a film production," said Jeffrey Doe, a co-editor and co-producer. "It was run like a CIA operation. Everything was compartmentalized, top secret and on a need-to-know basis. It was really intense." More than three years after Salinger's death at his New Hampshire home, numerous questions remain unanswered, notably what — or if — he wrote during the self-imposed retirement of his final decades. The new Salinger book and movie are not the first projects ever billed as cracking the Salinger code, and the author's literary estate did not participate. But Salerno has won some important converts.

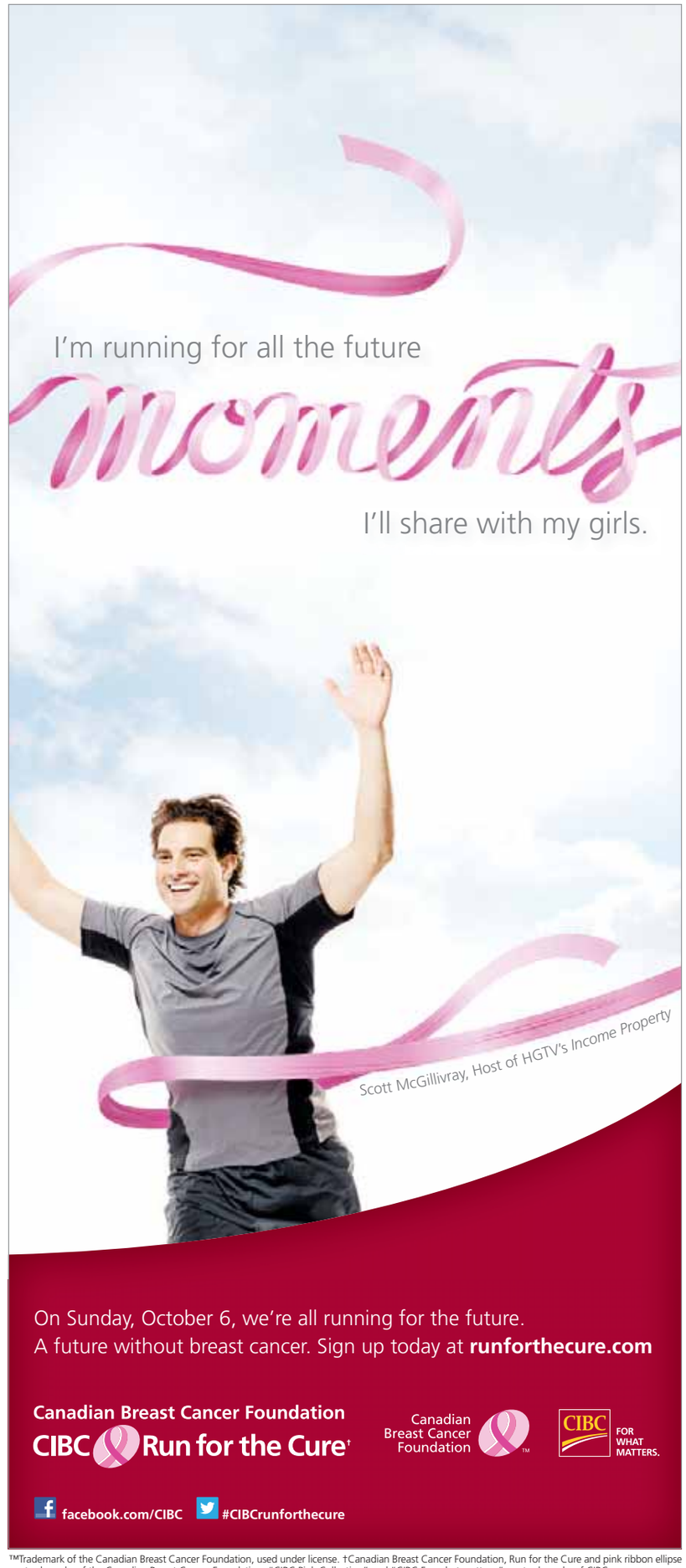
The Weinstein Company quickly signed up the movie after seeing it earlier this year, as did PBS, which reportedly paid seven figures and will air the documentary in January as the 200th instalment of its American Masters series. Simon & Schuster reportedly paid seven figures for the book, which runs 700 pages and was co-authored by Salerno and David Shields.

The film, which opens Sept. 6, is expected to be shown on more than 200 screens nationwide, a high number for a documentary. The book's planned first printing is for more than 100,000 copies. Salerno, 40, is best known as a screenwriter, with credits that include Savages and a planned sequel for Avatar. Salerno, who declined to be interviewed, reportedly spent some $2 million of his own money for the project and travelled around the country and in Europe to research it.

THE ASSOCIATED PRESS

Under lock and key

As if internalizing the Salinger legend, Shane Salerno made secrecy not just a priority, but an obsession. Virtually everyone involved had to sign non-disclosure agreements, including Shields, Doe and Squires, and even Squires' wife. At Technicolor, where post production took place, the film was called Project Y and stored in a vault, as if in homage to the vault where Salinger allegedly stored unpublished manuscripts.


I'm running for all the future
moments
I'll share with my girls.
Scott McGillivray, Host of HGTV's Income Property
On Sunday, October 6, we're all running for the future.
A future without breast cancer. Sign up today at runforthecure.com
Canadian Breast Cancer Foundation
CIBC Run for the Cure†
Canadian Breast Cancer Foundation
CIBC FOR WHAT MATTERS.
facebook.com/CIBC
#CIBCrunforthecure

™Trademark of the Canadian Breast Cancer Foundation, used under license. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS

Pauly D

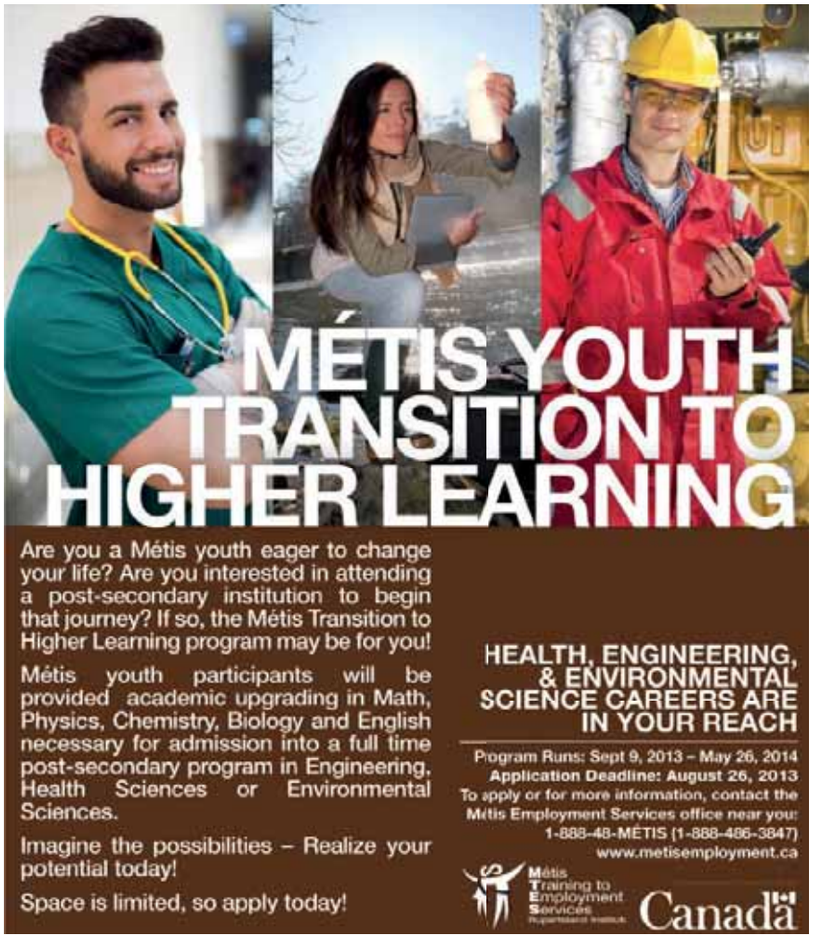
Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home $13 million. Not too shabby.

Jennifer Lopez ALL PHOTOS GETTY IMAGES

Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.


MÉTIS YOUTH TRANSITION TO HIGHER LEARNING
Are you a Métis youth eager to change your life? Are you interested in attending a post-secondary institution to begin that journey? If so, the Métis Transition to Higher Learning program may be for you!
Métis youth participants will be provided academic upgrading in Math, Physics, Chemistry, Biology and English necessary for admission into a full time post-secondary program in Engineering, Health Sciences or Environmental Sciences.
Imagine the possibilities – Realize your potential today!
Space is limited, so apply today!
HEALTH, ENGINEERING, & ENVIRONMENTAL SCIENCE CAREERS ARE IN YOUR REACH
Program Runs: Sept 9, 2013 – May 26, 2014
Application Deadline: August 26, 2013
To apply or for more information, contact the Métis Employment Services office near you:
1-888-48-MÉTIS (1-888-486-3847)
www.metisemployment.ca
Métis Training to Employment Services
Canada

YOU COULD WIN
4 TICKETS TO THE WIGGLES SHOW
The Wiggles Live in Concert
TAKING OFF!
ON SALE NOW! DON'T MISS OUT!
SOUTHERN ALBERTA JUBILEE AUDITORIUM
FRIDAY AUGUST 30 • 2:30pm & 6:30pm
TICKETMASTER • (855) 985-5000
VISIT clubmetro.com TO ENTER
No purchase necessary. Contest open to legal residents of Calgary who have reached the age of eighteen (18) years or older. Odds of winning depend on the number of eligible entries received. 2 prizes to be won, each consisting of 4 tickets to see the Wiggles at the Southern Alberta Jubilee Auditorium in Calgary on Friday, August 30, 2013 (valued at approx. $80). Contest closes August 23rd, 2013 at 11:59pm. To enter and for complete contest rules, visit www.clubmetro.com

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

© Inter IKEA Systems B.V. 2013.

The 1st Storey

"I've always wanted an attached garage – now I can work on my car whenever I want. Plus I have a work bench and there's tons of storage."

Build your stories at Kintalla in Redstone, the best townhomes in the northeast.

3 GREAT STORIES ABOUT 3-STOREY HOMES

*Own 3 storeys with 2 or 3 bedrooms from $1,423/month**

Visit our sales centre at 150 Redstone Grove NE or call 587.353.9201.

KINTALLA
at Redstone

Register at kintalla.com

@StreetsideYYC

*See website for complete details.

STREETSIDE DEVELOPMENTS

*Based on a mortgage amount of $240,270.24 + GST with 5% down payment, 5 year term at 2.89% for 25 years with monthly payments. GST, Monthly Condo fees, Property Tax included. Price and renderings subject to change at developer discretion.

The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Upward row

• Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
• Lift the handles or ends of the band up until they reach the point right under the chin.
• Slowly bring the arms all the way down in a controlled motion.
• Do 30 reps.

Back rows

• In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
• Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
• Do 30 reps.

Military press

• Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
• Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

• Lie down on a bench (you want to be on your chest) and hug the front of the bench.
• Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
• Do 30 reps.

Side and front raise combination

• Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
• Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

Parents, do you have your kid's back?

Backpack safety. Monitoring the weight and style of your child's backpack could eliminate avoidable hospital visits for them

ALISON BOWEN
Metro World News in New York City

Be careful about what you pack into your little tykes' backpacks. Heavy backpacks can have serious medical implications, according to experts. Thousands of students arrive in local emergency rooms each year with backpack-related injuries. Dr. John Blanco — associate professor of orthopedic surgery at Weill Cornell Medical College in NYC — spoke to us about keeping students' spines safe and offered some helpful tips for watching our child's back:

1. Know the suggested weights. The American Academy of Pediatrics keeps suggestions of how families should choose backpacks and how their children should wear them. "A lot of families just don't have any idea of how a child should wear a backpack," Blanco says. He suggests no more than 10 to 20 per cent of a student's body weight as a measure.

2. Straps matter. "Look for a backpack that has very wide, padded shoulder straps," he says. "They should always have two shoulder straps, and tell your child to put their arms through both shoulder straps. You see a lot of kids that fling the backpack only on one shoulder. By having it on both shoulders, it distributes the weight better." And that dorky waist strap? Use it. "By cinching the waist strip, it brings the backpack firmly against your body."

3. Check out the actual backpack. "Some backpacks weigh a ton with nothing even in them," he notes. "Find a light backpack that fits the bill." Other alternatives? A rolling backpack, if your child doesn't mind being one of the only students with one. Many students don't want them, Blanco says, but, using them "means that they're not putting any weight on their back at all."

Send them off with safe loads. ISTOCK

Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

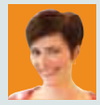
5. Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

Health Solutions

Everything is just peachy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

RBC Royal Bank

MUCH MORE FOR $4

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

metro

How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

2. One-time expenses:
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Narcissists on the job: how to cope

At work. Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

Take a step back

Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse." "(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

Protect yourself

Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it. If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

Kill 'em with kindness

"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise." Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them. "Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

Narcissist in your life?

Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

Do you need a fresh start?

Find out your options.

A consumer proposal can help you manage monthly payments, keep your assets and even help reduce your debt - and it's not bankruptcy.

We work with you to find the right solution. Contact us for a free, no obligation consultation:

310-8888 or visit gt.alger.ca

Marie Kozlowski Bruce Alger Angela Lock Shane Brenneis

CONSUMER CHOICE AWARD 2013

Grant Thornton

Formerly Alger & Associates
Trustee in Bankruptcy. © A Canadian Member of Grant Thornton International Ltd.

ISTOCKPHOTO/THINKSTOCK

TAKE YOUR MUSIC TO THE NEXT LEVEL

Whether you jam out on a guitar, dance to the beat of your own drum, or slap the bass, take your music to the next level with one of Long & McQuade's new private music lessons.

As the most trusted and largest retailer of musical instruments in Canada, Long & McQuade is taking the next natural step in supporting Calgary musicians through these lessons.

"We recognize the value of the arts in our community and we know that quality education is an essential foundation," says Duncan McCartney, lesson centre co-ordinator, Calgary East.

The stores themselves are a great environment for developing musicians, full of knowledgeable staff able to answer any questions.

"Our teachers are experienced, professional, and enthusiastic about what they do," McCartney says.

"Many of them hold music degrees, teaching certifications, such as ARCT certificates, and they all have years of experience before coming to teach with us."

Aside from the quality of instruction, students benefit from great lesson rates, a flexible and easy registration process, and the ability to teach any style.

Offered at all three Calgary locations, there are lessons available for guitar, piano, drums, bass, voice, brass, woodwinds, and orchestral strings.

For more, visit long-mcquade.com.

CONSIDER SAIT TO ACHIEVE YOUR BEST RESULTS

SAIT Polytechnic has many new and exciting career advancement courses and certificates to help focused, motivated individuals get the skills they need to get ahead.

SAIT offers more than 1,000 different courses, including 80 part-time certificates in areas of business, energy, leadership and technology.

"SAIT is relied upon as Alberta's producer of work ready graduates," says Adam Burke, academic co-ordinator, accounting partnerships, school of business, SAIT Polytechnic. "Given Alberta's economic climate, I would encourage anyone considering their own opportunities to consider how SAIT can help them achieve their best results."

New programs include business intelligence, technical sales, graphic design, and office professional. In addition to all of the career advancement focused programs, SAIT has many personal development courses and programs from the new DSLR video production, mobile app development, and auto body courses to culinary courses.

SAIT will host two events Aug. 26 to allow students an opportunity to get specific information from program representatives. An information fair will be held at the downtown Culinary Campus (230-8th Ave. SW) from 11 a.m. to 1:30 p.m. Then, from 4:30-7:30 p.m., SAIT will host a continuing education information event at the main campus.

For more, visit sait.ca.

CONTRIBUTED

ABM COLLEGE

GET JOB READY FAST! Enroll Now.

Become an
Accountant & Payroll Administrator
in **less than 1 year**

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

Hurry! Program starts soon

403.719.4300
3880 29th Street NE Calgary
info@abmcollege.com **www.abmcollege.com**

Other Programs include:
Health Care Aide · Medical Office Assistant · Medical Lab Assistant
Pharmacy Assistant · Massage Therapist · Business Administration

Success is closer than you think.

With year-round admissions, weekly start dates, and career programs that fit your schedule and lifestyle, **Academy of Learning Career College** is the right choice for career training in Healthcare, Business and IT.

OPEN HOUSE
Thursday, August 22
2 to 8 pm

Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

Calgary Northeast (403) 569-8973
Calgary South (403) 252-8973

CONTRIBUTED

STOCKBYTE/THINKSTOCK

HELP PROMOTE HEALTHY LIVING

Personal training is not always about getting someone into great shape so they look good on the beach or in a wedding dress, it's about promoting healthy living.

A career as a personal trainer is about taking care of a client's most valuable asset — their body — and getting them to a place where they are happy, healthy and confident.

"Taking the time to get to know a client, to learn about his/her life and really understand where the barriers to success may lie helps us create programs that will contribute to lasting success," says Elaine Ori, program co-ordinator for the faculty of continuing education and extension and practicum co-ordinator for the personal fitness trainer diploma program at MRU. "It's about working with the person, not just the fitness goals.

"It's amazing to be part of someone's transformation, regardless of how big or small it may be."

Ori is a certified exercise physiologist and personal trainer and, over the past eight years, has been seeing clients in a number of different settings, including clinical, fitness centres and outdoor boot camps. She has worked with clients of all backgrounds, from occupational and Olympic athletes, to injury recovery/rehabilitation, to your average person looking to get fit and healthy.

"You get the opportunity day in and day out to teach healthy living, to witness the short- and long-term benefits of these healthy lifestyle changes, and watch a client come to understand how to take care of their body on their own and want to keep going," Ori says.

The personal fitness trainer program at Mount Royal University is a rigorous two-year diploma that blends theory and practical knowledge.

Students start out learning the basics — human anatomy and physiology, biomechanics, and nutrition.

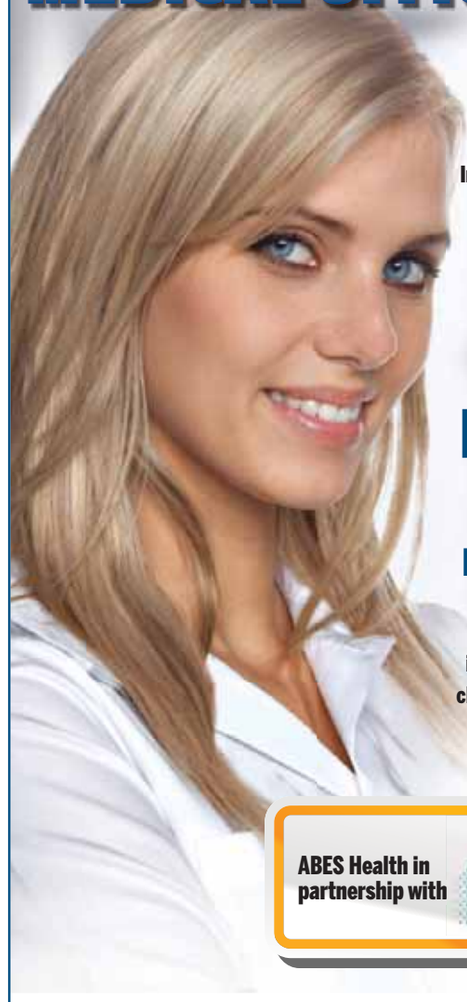
This program builds on that knowledge, allowing students the chance to work with clients through their practicum in local fitness facilities.

The combination of theory and real-life, hands-on experience prepares MRU students for entry into the field immediately upon graduation. In fact, many students find employment before they have even graduated through their practicum experiences

For more information on the personal fitness program at MRU, visit conted.mtroyal.ca/pft.

BECOME A UNIT CLERK
MEDICAL OFFICE ASSISTANT

A GREAT SCHOOL FOR A REWARDING CAREER!



THIS DUAL CERTIFICATE PROGRAM WILL LAUNCH YOUR HEALTH CARE CAREER

In just 26 weeks this course will give you the knowledge, skills, practical experience and certification to work in hospitals, continued care facilities, health care clinics/ doctor's offices and many other health care related areas. All students will complete practicums in both a hospital setting as well as a medical clinic.

OR BECOME A MEDICAL
LABORATORY ASSISTANT
IN JUST 19 WEEKS!

MEDICAL LABORATORY ASSISTANT PROGRAM

The MLA is an integral part of the Health Care Team in the laboratory and is trained in the collection of blood specimens from patients, the initial processing and preparation of specimens for analysis, data entry, clerical and reception services, performance of ECGs, and specified basic laboratory procedures. Funding is available for qualified applicants.

ABES Health in partnership with Calgary Laboratory Services Alberta Health Services

CALL TODAY 1.888.593.7025

2910 - 3RD AVENUE N.E.
CALGARY, ALBERTA

Abes
www.abes.ca

APPLY TODAY!

WWW.ABES.CA

ABES OFFERS FLEXIBILITY, OPPORTUNITY

When heading into the high-demand field of health care, it is never a bad idea to go in with as many qualifications under your belt as possible.

With the unit clerk/medical office assistant program at Alberta Business and Educational Services (ABES), graduates can open the door to great employment possibilities in the field.

"The unit clerk/medical office assistant program is a dual certificate program and is unique, as students receive a practicum/work experience in both a clinic and on a medical unit," says Mitch McCormick, director of ABES. "This gives the graduate much more flexibility and opportunity in terms of where they can obtain employment."

CONTRIBUTED

McCormick says this program is unique because it gives graduates job flexibility not offered at other institutions where there are separate programs for each position.

Students receive training in chart management, order processing, medical terminology, anatomy and physiology, as well as the necessary computer skills, including industry software such as sunrise clinical management (SCM) and electronic health records (EHR).

ABES is a private vocational training school offering training programs in 50 different areas, including health-care.

ABES runs in partnership with Calgary Laboratory Services, Alberta Health Services and Alberta Human Services to give students the best opportunity to succeed in their chosen fields.

For more information, visit abes.ca.

COLUMBIA COLLEGE

Everybody's Discovering
We're Different and Proud of it.

Imagine the Possibilities

Invest in your Future

FREE courses for eligible students to meet minimum entrance requirements.

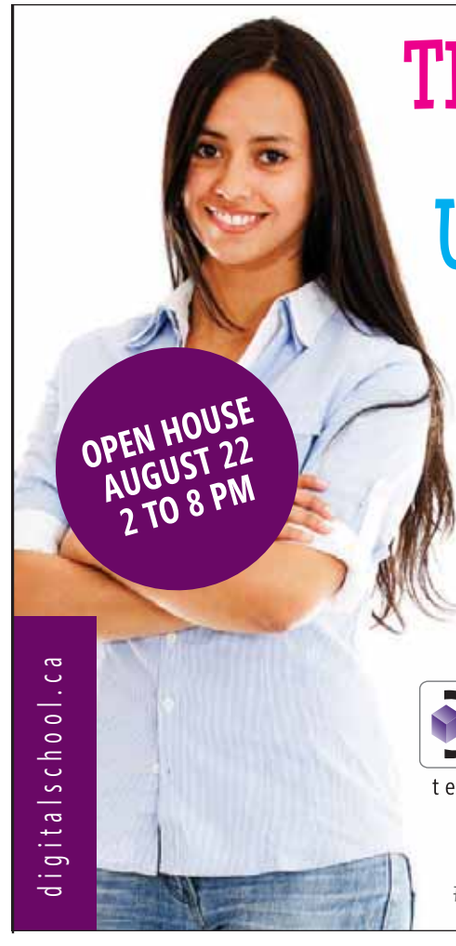
Grant Funding available for students who qualify.

Private college offering accredited* and licensed programs: Practical Nurse*, Health Care Aide, Dental Assistant*, Criminal Justice, Business Management, and Human Services.

Other Programs: ESL, Upgrading, LINC, and Integrated Training. Alberta Basic Security Training course also available.

802 Manning Road NE
Calgary, AB T2E 7N8

Call now: (403) 235-9300
www.columbia.ab.ca/m



THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

OPEN HOUSE AUGUST 22 2 TO 8 PM

DESIGN YOUR FUTURE

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter
- Online Programs and Courses
- and more!

DIGITAL School
technical design college

1-877-414-0200
#304, 10205-101 STREET, EDMONTON

digitalschool.ca

COUNT ON ABM COLLEGE

FOR A NEW CAREER IN ACCOUNTING AND PAYROLL

CONTRIBUTED

Accounting and payroll are roles that exist in virtually every segment of the Canadian economy.

Jobs in these fields are in high demand throughout Canada, which is why a huge pool of students is seeking to break through in the financial services industry.

Be it a public or private organization, every company is in need of accounting and payroll personnel for its financial practices.

"Accounting and payroll is the backbone of any successful business," says Dr. Mohammed Baten, president of ABM College.

ABM College is a direct road to professional business certification that is recognized in Canada and overseas.

The ABM College accounting and payroll program is a thorough 51-week immersion course into accounting and payroll basics. Other colleges and universities offer the same course, but some can be 96 weeks long.

Successful accounting and payroll students possess a wide skill set, from strong analytical skills to good communication skills. ABM College's accounting and payroll program provides students with these skills to meet the demands of potential employers at an affordable tuition compared to other educational institutes.

For more information on how you can live your dream with ABM College, take the first step and call 403-719-4300, or visit abmcollege.com.

MOUNT ROYAL UNIVERSITY
1910

You.
Kick-starting your career

Computer Skills for the Office
Education Assistant
Entrepreneurship
Funeral Service
Interior Decorating
Massage Therapy
Nonprofit Management
Oil & Gas Office Admin
Personal Fitness Trainer
Petroleum Land Admin
Sales Development

Continuing Education
403.440.6875
mtroyal.ca/conted
INFO NIGHT, SEPT. 11, 5-8 PM

visit metronews.ca

WHERE THE MUSIC BEGINS

Register For Music Lessons Today.
Piano, Guitar, Bass, Drums, Voice, Strings, Violin, Woodwinds, Brass and more.

Why Choose Long & McQuade?
Music lessons for all ages, stages and styles.
Professional instructors make learning fun. No registration fees.
Convenient lesson times for busy families. Affordable instrument rentals.

Long & McQuade
MUSICAL INSTRUMENTS

225 - 58th Avenue SE
403.252.8506

3404 - 5th Avenue NE
403.245.3725

10 Royal Vista Drive NW
587.794.3195

www.long-mcquade.com

SERVE THE NEEDS OF A DIVERSE COMMUNITY

CONTRIBUTED

The funeral director and embalmer certificate through Mount Royal continuing education is now a diploma.

Effective July 1, the funeral service diploma is now training individuals to work within the funeral services industry with the all requirements for the province of Alberta.

"This diploma program combines theory delivered in an online or blended format, skill development labs, work experience and a practicum," says Donna Palmer, program administrator, centre for complementary health education. "This delivery format allows enormous flexibility for students who can literally study from around the globe."

Students will learn all aspects of funeral service and gain a thorough understanding of the various acts and regulations that govern the profession.

They will learn to integrate compassion, communication skills, knowledge of religious and cultural traditions, biological and chemical sciences, embalming, and restorative arts in order to serve the needs of our diverse community.

All of MRU's funeral education programs prepare graduates for licensing as a funeral director and/or an embalmer as required by the province of Alberta.

"Funeral service requires highly skilled professionals who are trained in the acts and regulations that govern funeral service within the province," Palmer says. "Graduates must also communicate and work effectively with families, government, health and legal agencies, and be skilled at the complexities of the embalming process."

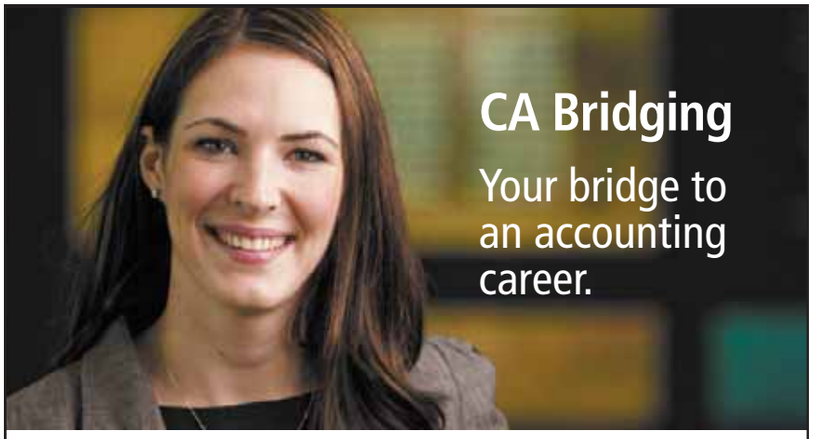
The program is also approved in other provinces, but out-of-province students should contact MRU to ensure completion of the program will meet licensing requirements.

In addition to the new diploma, MRU also offers two certificate programs for those who prefer to specialize in one area of study: Funeral director certificate (concentration on funeral directing only); or embalmer certificate (specialize in embalming and restorative arts).

The funeral service diploma is 1,800 hours in length and can be completed as quickly as 12 months or up to six years.

Students may choose to follow MRU's recommended program path or it can be individualized to suit their personal and professional life.

For more information, please visit conted.mtroyal.ca/funeral.



CA Bridging enables you to complete all the business and accounting courses needed for admission to the CPA Professional Education Program while continuing to work full-time.

Designed specifically for those with a 4-year degree in any field to transition into a career as a Chartered Accountant.

Available on all University of Lethbridge campuses:

Lethbridge
403-329-2153
undergrad.management@uleth.ca
www.uleth.ca/management/ca-bridging

Calgary
403-571-3360
Calgary.campus@uleth.ca
www.uleth.ca/calgary/ca-bridging

Edmonton
780-424-0455
Edmonton.campus@uleth.ca
www.uleth.ca/edmonton/ca-bridging

CA Bridging

A partnership between the Chartered Accountants Education Foundation of Alberta and the University of Lethbridge Faculty Of Management.

University of Lethbridge Faculty of Management

REALIZE YOUR FUTURE WITH SAIT CONTINUING EDUCATION.

Find out more:

Information Fair
Monday, August 26, 11:00 am - 1:30 pm
Downtown Culinary Campus, 230- 8th Avenue SW

Continuing Education Info Night
Monday, August 26, 4:30 pm - 7:30 pm
Atrium, Stan Grad Centre, main campus

Visit SAIT.CA for more information.

BUSINESS • TECHNOLOGY • TRADES

CONTINUING EDUCATION
FURTHER YOUR PASSION
SAIT POLYTECHNIC

ISTOCKPHOTO/THINKSTOCK

VISIT DIGITAL SCHOOL OPEN HOUSE

Find out how to turn your dreams of becoming a computer-aided designer into a reality by attending the Digital School Technical Design College open house on Thursday.

From 2-8 p.m., meet with faculty and find out about all the exciting career training available at Digital School in the demanding field of CAD.

Students can study to earn a degree in CAD in less than a year at Digital School with skills employers are looking for.

CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization, and a part-time online computer-aided drafter program.

Digital School is now offering building information modelling (BIM) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," says Brady Sylvester, assistant manager of Digital School. "It is fast becoming a standard worldwide."

Applications for the Sept. 30 intake are now being accepted.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

FAST-TRACK YOUR BUSINESS CAREER

AT COLUMBIA COLLEGE

There is no need to spend two years getting your diploma in accounting and finance management when you can get it in less than one year at Columbia College.

Columbia College offers two accelerated-delivery programs in accounting and finance management: a 25-week accounting and finance management certificate; and an accounting and finance management diploma that requires an additional 25 weeks of study to complete.

"Columbia College's accelerated accounting and finance management certificate and diploma programs have been designed for motivated individuals who are eager to fast-track their business careers at a reasonable cost and within a shorter period of time," says Ben Ontuca, department chair, business management, Columbia College.

Ontuca says it will take a full-time student 50 weeks to complete both the certificate and diploma programs, and is equal to a two-year diploma at a traditional institution.

Hands-on computer training and a co-operative education placement provide students with practical work experience throughout the program.

CONTRIBUTED

Individuals who are looking to work in an accounting and finance department of a business, government, or non-profit organization would find these programs suitable in meeting their needs, as well as those aspiring to pursue further educational and employment opportunities in accounting, finance, or related business fields.

For more information, visit columbia.ab.ca.

MOUNT ROYAL UNIVERSITY
1910

You.
Broadening your horizons

Adobe Creative Suite
Creative Writing
Digital Graphic Design
Film & Television
Floral Design
Interior Decorating
Introductory Computers
Music
Personal Finance & Investing
Photography
Technology for Boomers
Video Editing
Visual Arts
Web Design for Business
Web Development
Yard & Garden

Continuing Education
403.440.6875
mtroyal.ca/conted
INFO NIGHT, SEPT. 11, 5-8 PM

AT YOUR FINGERTIPS

ISTOCKPHOTO/THINKSTOCK

TECHNOLOGY ALLOWS STUDENTS TO CONTROL THEIR EDUCATION

Students heading to post-secondary institutions this fall can expect to use more technology in classrooms, take courses or find resources in online environments, and, generally, have more control over their own education, according to recent studies.

Arts, science and business administration remain the top three choices for high school students enrolling in universities. Yet, some provinces face skills gaps in such sectors as professional, scientific, technical, and financial industries, according to a Conference Board of Canada report.

Having a university degree can lead to as much as 20 per cent higher wages in some fields. Yet technological and demographic change, as well as a "mismatch" between the labour market and post-secondary education, may mean graduates don't have the skills they need for today's job market.

Business schools often respond quickly to these studies, says Don Cyr, Goodman School of Business dean at Brock University in Ontario.

"I think the trends are often driven by what employers are looking for, and there's always a lag," Cyr says.

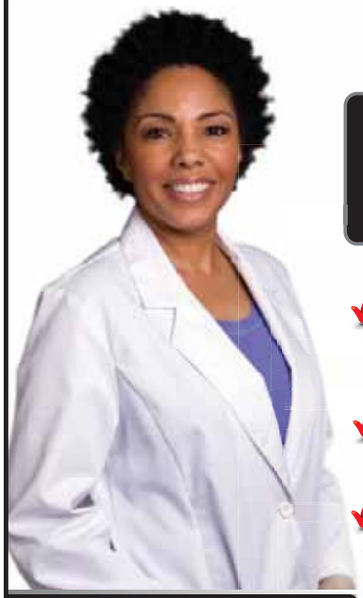
One of the major skills required today is big data analysis, Cyr says, as well as the traditional demand for accounting, financing, and marketing specialists. Critical thinking, global awareness, and similar broad themes are in high demand, as well as strong oral and written communication, collaborative or teamwork skills, and leadership.

Students should also try to gain experience in project work and presenting, he adds. As well, Cyr believes on-the-job training through co-op studies programs and internships is important to show employers a range of work experience.

– Marie Powell

ABM COLLEGE

GET JOB READY FAST! Enroll Now.



Become a **Medical Lab Asst.** in less than 6 Months

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Clinical Practicum included

Hurry! Program starts soon

403.719.4300
3880 29th Street NE Calgary
info@abmcollege.com www.abmcollege.com

Other Programs include:
Health Care Aide • Medical Office Assistant • Pharmacy Assistant
Massage Therapy • Business Administration • Accounting & Payroll

DEVELOP HEALING HANDS

AT ABM COLLEGE

ISTOCKPHOTO/THINKSTOCK

Massage therapy is a holistic and therapeutic treatment essential to establishing and maintaining a balanced and healthy lifestyle.

Due to the hectic, yet stationary, environment in today's workplace, muscle fibers tend to contract and shorten, leading to pain and stiffening in joints, the back and major muscle groups.

Not only is massage therapy in high demand due to today's workplace, but aging baby boomers are searching for other ways to alleviate symptoms other than traditional medicine, which leads them to try massage therapy.

"You heal with your hands," says Dr. Baten, president of ABM College.

Massage therapy programs train students to help others in reducing stress, decreasing pain and rehabilitating injuries by applying massage techniques.

With ABM College's 88-week long massage therapy program graduates are trained to work in one of the most rapidly-growing health professions in Canada by providing in-depth health-care information and practical hands-on professional experience.

ABM College's massage therapy program helps students develop skills and knowledge that help them conduct a systematic patient assessment, frame treatment plans, provide effective and safe treatment, analyze outcomes, and help their client live a more relaxed life in this hectic world.

CFL

Eskimos sign homegrown talent

The Edmonton Eskimos signed former B.C. Lions kicker Hugh O'Neill on Monday.

O'Neill, 23, returns to his hometown of Edmonton, where he spent four seasons with the University of Alberta Golden Bears before turning pro.

O'Neill was released by the Lions last week after he could not come to terms on a contract extension with B.C. He was drafted by the Lions in the second round (11th overall) in 2011.

He was due to become a free agent in February.

In four games with the Lions this season, O'Neill was good on four of five field-goal attempts, the longest from 40 yards.

Grant Shaw has handled Edmonton's kicking duties this season. Shaw, a 29-year-old Edmonton native who is in his fourth CFL season, remains with the Eskimos.

THE CANADIAN PRESS

Strange promo

Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The Triple A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday night's game in Allentown, Pa.

Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one.

More than 50 essays were turned in.

THE ASSOCIATED PRESS

Shannon Szabados of Edmonton makes a save against the United States during the women's hockey gold-medal game at the Vancouver 2010 Winter Olympics. Szabados is one of three goalies competing for the starting job in Sochi next February. RICHARD LAUTENS/TORSTAR NEWS SERVICE FILE

Stakes high between Canadian goal pipes

Internal competition. While women's team is set on its three puck stoppers, goalies will vie for starting job at Sochi Olympics

Three goalies already know they'll represent Canada in women's hockey at the 2014 Winter Olympics, which is a certainty their teammates currently don't possess.

Each country will have three goaltenders on their 21-player rosters at the Olympic women's hockey tournament in Sochi, Russia, next February.

So when Canadian head coach Dan Church invited Charline Labonte of Boisbriand, Que., Edmonton's Shannon Szabados and Genevieve Lacasse of Kingston, Ont., to try out for the Canadian team, it effectively punched their ticket to Sochi.

The three women insist that doesn't take pressure off their shoulders. The stakes are different, but no less high in their minds.

Nine defencemen are chasing six jobs and 15 forwards are vying for the dozen openings on the Olympic roster. Church intends to name his Olympic team by the end of December.

If Labonte, Szabados and Lacasse haven't established a pecking order by the end of December, their internal competition could continue after the team is named.

"It will depend on where we're at and how they're playing," Church says. "There may be competition between all three of them still going into January. It may be two of them have moved ahead of the other." THE CANADIAN PRESS

The incumbent

Shannon Szabados, 27, has been Canada's starter in all three world championship finals since shutting out the Americans in the gold-medal final in Vancouver, but she doesn't see the starting job as hers to defend.

- "Obviously that's my goal this year, to work hard to become that No. 1," Szabados says. "I think we'll all get a fair shot at it this year."

A-Rod's lawyer declines MLB's challenge

Despite being suspended, Alex Rodriguez is playing pending an appeal, which is not expected to be decided by an arbitrator until at least November. JIM ROGASH/GETTY IMAGES FILE

A lawyer for Alex Rodriguez declined Major League Baseball's challenge to make public the evidence that led to the 211-game suspension of the New York Yankees star.

MLB executive vice-president Rob Manfred wrote to lawyer Joseph Tacopina on Monday, urging him to waive his client's confidentiality under baseball's Joint Drug Agreement so the documents could be released. Tacopina had said he wanted to discuss evidence publicly but was constrained by the provision.

"We will agree to waive those provisions as they apply to both Rodriguez and the office of commissioner of baseball with respect to Rodriguez's entire history under the program, including, but not limited to, his testing history, test results, violations of the program, and all information and evidence relating to Rodriguez's treatment by Anthony Bosch, Anthony Galea and Victor Conte," Manfred wrote in the letter, which was released by MLB.

Bosch was head of the Biogenesis of America anti-aging clinic accused of distributing banned performance-enhancing drugs.

Galea pleaded guilty two years ago to a federal charge of bringing unapproved drugs into the United States from Canada. Conte was head of the Bay Area Laboratory Co-operative, the target of a federal investigation that led to criminal charges against Barry Bonds, Marion Jones and others.

The union didn't immediately respond to a request for comment. THE ASSOCIATED PRESS

4 SPORTS

UNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN

My NISSAN My CHOICE

NO PAYMENTS FOR 90 DAYS

0% FINANCING FOR UP TO 84 MONTHS ON SELECT ROGUE MODELS

PLUS CHOOSE FROM

40¢/L OFF GAS UNTIL 2015 OR 2 PAYMENTS ON US OR NO CHARGE 5 YEAR / 100,000 KM EXTENDED WARRANTY

OVER 375 NEW VEHICLES!

SUNRIDGE NISSAN BIGGEST SELECTION IN CANADA

ROGUE & MURANO SALE

★ TENT SALE ★

**** AUG 21 - 24 ****

NEW BUYER PROGRAM

BRING IN THIS AD AND THE REQUIRED $500 DOWN PAYMENT IS ON US!

MSRP: $27,128

2013 ROGUE

$22,128

$154 B/W @ 0% FOR 84MO. w/ $0 DOWN*

OR LEASE FOR

$321/MO. @ 0.9% FOR 60MO. w/ $0 DOWN*

- 0% UP TO 84 MONTHS OR LEASE AT 0.9%! OR $5,000 OFF CASH PURCHASES!
- 103 MODELS TO CHOOSE!
- A/C, POWER EVERYTHING! SUNROOF, ALLOYS!

SN013526

MSRP: $39,349

2013 MURANO SV

$34,998

$231 B/W @ 1.9% FOR 84MO. w/ $0 DOWN2*

FINACING AS LOW AS 0%2*

- AWD, POWER EVERYTHING, PANORAMIC SUNROOF, ALLOY WHEELS! HEATED SEATS, BOSE SOUND SYSTEM!

SN319333

MSRP: $43,448

2013 MURANO SL

$39,998

$255 B/W @ 1.9% FOR 84MO. w/ $0 DOWN3*

- EVERYTHING SV AND LEATHER, HID LIGHTS, POWER LIFTGATE, HEATED STEERING WHEEL!

SN138872

MSRP: $45,848

2013 MURANO LE

$41,268

$269 B/W @ 1.9% FOR 84MO. w/ $0 DOWN4*

- PLATINUM PKG (NAV, STREAMING BLUETOOTH AUDIO, BLIND SPOT WARNING, ECT) USUALLY FOR $3000 NOW FOR $1988 AVAILIBLE FOR LE MODEL.
- EVERYTHING SV AND SL, 20" ALLOYS, HEATED REAR SEATS, POWER TILT AND TELESCOPING STEERING!

SN316003

Summer Service Specials

Mon - Fri 7AM to 6PM
Saturday 8AM to 5PM
Sunday CLOSED

CALL TO SCHEDULE AN APPOINTMENT TODAY!

403-207-2466

SUNRIDGE NISSAN

403-291-2626

SUNRIDGENISSAN.COM

3131 32 Ave NE, Calgary, AB

Kaizen PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

84 MONTHS FINANCE @ 1.9% O DOWN. 2 84 MONTHS FINANCE @ 1.9% O DOWN O.A.C. ONLY FOR CURRENT NGF CUSTOMERS WITH 0% DISCOUNT OFF RATE. 3*84 MONTHS FINANCE @ 1.9% O DOWN *4 84 MONTHS FINANCE @ 1.9% O DOWN O.A.C. SEE DEALER FOR FULL DETAILS. PAYMENTS O.A.C. PRICES DO NOT INCLUDE GST. ERRORS & OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

Stats say Cabrera is best ever at age 30

MLB. Reigning Triple Crown winner in the zone as he tries to surpass baseball giants

Miguel Cabrera flashed his playful, boyish grin when pressed to explain how he's doing what just some of the game's greats have done.

"Magic," he said, sitting in front of his locker as a handful of reporters encircled him.

While even those who watch the Detroit Tigers on a daily basis struggle to describe what Cabrera is doing and those on opposing teams can only marvel, Cabrera is creating his own place in baseball history.

Despite 50 years of experience in professional baseball, Tigers manager Jim Leyland said he hasn't seen anyone do what Cabrera is doing at the plate.

There's a reason for that. No one has seen it.

Miguel Cabrera celebrates after hitting a walk-off homer to push the Tigers past the Royals 6-5 on Saturday. GREGORY SHAMUS/GETTY IMAGES

Cabrera is the only player in major league history with at least 1,962 hits, 410 doubles, 361 homers and 1,243 RBIs at the age of 30 years and 4 months, according to STATS LLC.

The reigning Triple Crown winner has a shot to become baseball's first player to lead a league in batting average, home runs and RBIs in consecutive seasons. Only Ted Williams and Rogers Hornsby have twice won Triple Crowns in a career — Williams in 1947 and 1942; Hornsby in 1925 and 1922.

The defending AL MVP, whose banged-up body got a much-needed day of rest Monday, is leading the major leagues with a .360 average and 120 RBIs. Cabrera's 40 homers trail only Baltimore's Chris Davis, who hit his 45th Sunday.

"He's the best player in baseball," Kansas City Royals manager Ned Yost said. "It's as simple as that."

In the Tigers' 6-3 over Kansas City on Sunday, Cabrera joined Babe Ruth and Jimmie Foxx as the only players since 1921 to have at least 40 homers and 120 RBIs while batting .350 or better through 116 games.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	73	53	.579	—
Tampa Bay	71	52	.577	½
Baltimore	67	57	.540	5
New York	64	59	.520	7½
Toronto	57	67	.460	15

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	51	.589	—
Cleveland	66	58	.532	7
Kansas City	64	59	.520	8½
Minnesota	54	69	.439	18½
Chicago	49	74	.398	23½

WEST DIVISION

	W	L	Pct	GB
Texas	72	53	.576	—
Oakland	70	53	.569	1
Seattle	57	66	.463	14
Los Angeles	55	68	.447	16
Houston	41	83	.331	30½

Monday's results
N.Y. Mets 6 Minnesota 1
Tampa Bay 4 Baltimore 3
Texas 16 Houston 5
Cleveland at L.A. Angels
Seattle at Oakland
Sunday's results
Baltimore 7 Colorado 2
Chicago White Sox 5 Minnesota 2
Detroit 6 Kansas City 3
Houston 7 L.A. Angels 5
N.Y. Yankees 9 Boston 6
Oakland 7 Cleveland 3
Seattle 4 Texas 3
Tampa Bay 2 Toronto 1 (10 innings)
Tuesday's games — All Times Eastern
Toronto (Rogers 3-7) at N.Y. Yankees (Nova 6-4), 1:05 p.m. (Game One)
Tampa Bay (Cobb 7-2) at Baltimore (Gonzalez 8-5), 7:05 p.m.
Toronto (Buehrle 9-7) at N.Y. Yankees (Hughes 4-12), 7:05 p.m. (Game Two)
Minnesota (Pelfrey 4-10) at Detroit (Porcello 9-6), 7:08 p.m.
Houston (Cosart 1-0) at Texas (Blackley 1-1), 8:05 p.m.
Chicago White Sox (Danks 2-10) at Kansas City (Santana 8-6), 8:10 p.m.
Cleveland (Salazar 1-1) at L.A. Angels (Wilson 13-6), 10:05 p.m.
Seattle (Saunders 10-12) at Oakland (Gray 1-1), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	76	48	.613	—
Washington	60	64	.484	16
New York	57	66	.463	18½
Philadelphia	55	69	.444	21
Miami	48	75	.390	27½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	72	51	.585	—
St. Louis	72	52	.581	½
Cincinnati	71	54	.568	2
Chicago	54	70	.435	18½
Milwaukee	54	71	.432	19

WEST DIVISION

	W	L	Pct	GB
Los Angeles	72	52	.581	—
Arizona	64	59	.520	7½
Colorado	58	68	.460	15
San Diego	56	68	.452	16
San Francisco	55	68	.447	16½

Monday's results
Chicago Cubs 11 Washington 1
Cincinnati 5 Arizona 3
Miami 6 L.A. Dodgers 2
Philadelphia 5 Colorado 4
St. Louis 8 Milwaukee 5
Pittsburgh at San Diego
Boston at San Francisco
Sunday's results
Arizona 4 Pittsburgh 2 (16 innings)
Atlanta 2 Washington 1
Cincinnati 9 Milwaukee 1
Miami 6 San Francisco 5
Philadelphia 3 L.A. Dodgers 2
San Diego 4 N.Y. Mets 3
St. Louis 6 Chicago Cubs 1
Tuesday's games — All Times Eastern
Colorado (De La Rosa 12-6) at Philadelphia (Cloyd 2-2), 7:05 p.m.
Arizona (Corbin 12-3) at Cincinnati (Cingrani 6-2), 7:10 p.m.
L.A. Dodgers (Capuano 4-6) at Miami (Turner 3-4), 7:10 p.m.
Atlanta (Beachy 2-0) at N.Y. Mets (Wheeler 5-2), 7:10 p.m.
Washington (Haren 7-11) at Chicago Cubs (Rusin 2-2), 8:05 p.m.
St. Louis (Lynn 13-6) at Milwaukee (Lohse 8-8), 8:10 p.m.
Pittsburgh (Burnett 5-8) at San Diego (Ross 3-5), 10:10 p.m.
Boston (Peavy 9-5) at San Francisco (Vogelsong 2-4), 10:15 p.m.

CFL

WEEK EIGHT

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Sunday's result
Toronto 36 Edmonton 33
WEEK NINE
Thursday's game — All Times Eastern
B.C. at Montreal, 7:30 p.m.
Friday's game
Calgary at Toronto, 7:30 p.m.
Saturday, August 24
Winnipeg at Hamilton, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	25	11	8	6	36	25	39
New York	25	11	8	6	36	31	39
Montreal	23	11	7	5	36	35	38
Philadelphia	25	10	7	8	36	32	38
Houston	23	10	7	6	29	23	36
New England	24	9	9	6	29	23	33
Chicago	23	9	10	4	29	34	31
Columbus	24	8	11	5	29	30	29
Toronto	24	4	12	8	21	33	20
D.C.	24	3	17	4	14	40	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	25	12	8	5	41	30	41
Colorado	26	10	7	9	33	27	39
Portland	23	9	3	11	34	22	38
Los Angeles	24	11	9	4	39	32	37
Vancouver	24	10	8	6	36	32	36
Seattle	24	10	8	4	30	26	34
San Jose	25	9	10	6	26	35	33
Dallas	24	8	7	9	31	35	33
Chivas USA	23	4	13	6	20	40	18

Wednesday's games — All Times Eastern
Dallas at Chivas USA, 10:30 p.m.
Real Salt Lake at Portland, 11 p.m.
Friday's game
Kansas City at Chicago, 8:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

♉ Taurus
April 21 - May 21
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

♊ Gemini
May 22 - June 21
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

♋ Cancer
June 22 - July 23
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

♌ Leo
July 24 - Aug. 23
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

♍ Virgo
Aug. 24 - Sept. 23
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

♎ Libra
Sept. 24 - Oct. 23
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

♐ Sagittarius
Nov. 23 - Dec. 21
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

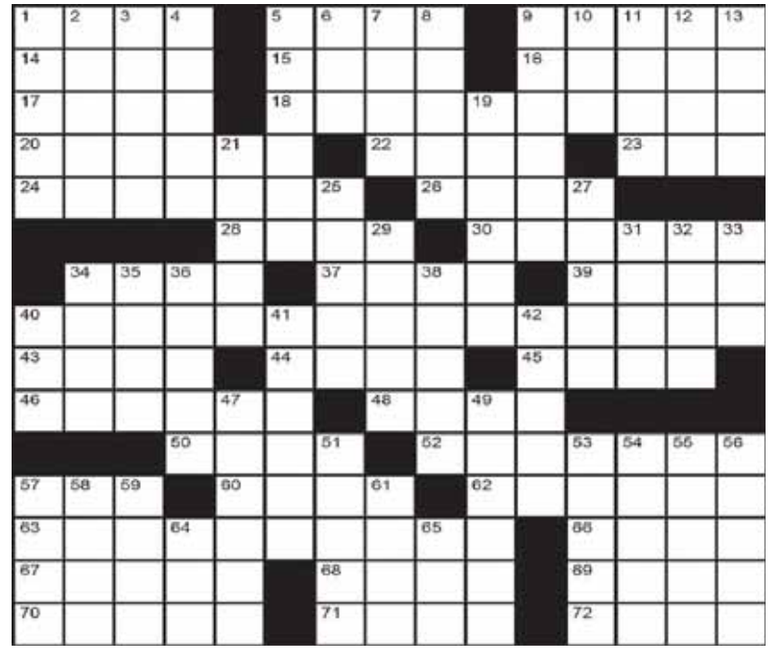
♑ Capricorn
Dec. 22 - Jan. 20
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

♒ Aquarius
Jan. 21 - Feb. 19
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

♓ Pisces
Feb. 20 - March 20
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

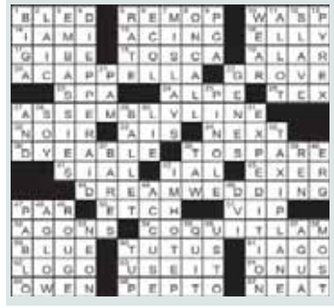
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		1		3		5	
		2	9		8	7		
	9	5				8	6	
			2		6			
9								6
			3		4			
	1	7				5	2	
		4	8		2	3		
	8		7		5		1	

Yesterday's Sudoku

1	3	5	9	6	7	4	2	8
4	9	2	8	1	3	6	7	5
6	7	8	4	2	5	9	3	1
8	1	7	2	3	6	5	9	4
3	4	6	5	9	8	2	1	7
5	2	9	1	7	4	3	8	6
7	5	4	3	8	2	1	6	9
2	8	1	6	4	9	7	5	3
9	6	3	7	5	1	8	4	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 21° MIN: 10°	MAX: 24° MIN: 6°	MAX: 25° MIN: 12°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

THE BEST TOWNHOMES IN THE NORTHEAST.
From $1,423/month*
Register at kintalla.com
*See website for complete details.
KINTALLA at Redstone

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Aug 28th- Sep 1st, 2013
Next Seminar: Sep 17th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

Watch your favourite stars. Beneath the stars.

Enjoy Optik TV™ anywhere at home with the new wireless digital box.*

Take family movie night to the backyard. Simply connect a wireless digital box to your TV and experience entertainment like never before. Only with Optik TV.

Get a FREE 42" LG HDTV when you sign up for Optik TV and Internet on a 3 year term.† And get the freedom to move it where you want with a wireless digital box.

Call **310-MYTV (6988)**, go to **telus.com/optiktv** or visit your **TELUS Store or Authorized Dealer**.

TELUS

the future is friendly®

TELUS STORE OR AUTHORIZED DEALER

Northwest

Beacon Hill Shopping Centre

Market Mall

North Hill Centre

Northland Village

822 Crowfoot Cres. NW

Northeast

Country Hills Town Centre

Marlborough Mall

Pacific Place

Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

Rocky View

CrossIron Mills

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail

331 3rd Ave.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

*Wireless signal range will vary and can be affected by conditions in the home, including interference from other electronic devices and the materials used in construction. †Offer available until November 4, 2013, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. 42" LG SMART HDTV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of a 42" LG SMART HDTV is $899. Cancellation fee for early termination of a service agreement will be $24/mo. for the 42" LG SMART HDTV and $10/mo. for the HD PVR and digital boxes multiplied by the number of months remaining in the term. Current rental rates apply at the end of the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © LG Electronics Canada, Inc. All rights reserved. "LG Life's Good" is a registered trademark of LG Corp. © 2013 TELUS.